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APRIL 2019

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**Cooking
Light**

*Love
Cauliflower
Even
More!*
p.80

**On-the-Run
Snacks
to Stash!**

**How Much
Protein Do
You Really
Need?**
p.62

**A Fresher
Take on
Tex-Mex**

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Head to
PAGE 80
for delicious
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APRIL 2019

FEATURES



Forager Oonagh O'Dwyer collects seaweed in Lahinch, County Clare, Ireland, to use in one of her Wild Kitchen cooking classes (page 90).

62 Protein Nation

You know this trend has reached epic proportions when you spot protein in everything from pancake mix to bottled water. In this get-smart guide, we break down how much is enough, the best sources, how it powers muscles and its link to weight loss.

BY SHAUN DREISBACH

72 Tex-Fresh

Brenton Johnson may not have set out to inspire and delight the cooks of Austin, but that's just what happened when his sideline hobby growing vegetables mushroomed into Johnson's Backyard Garden.

BY LUCY M. CASALE
RECIPES BY PAULA FORBES

80 Hot Heads

Americans are crazy for cauliflower. We're roasting heads whole, grilling steaks cut from their centers and using it to mimic carbs. Celebrate all the things this vegetable can do and discover which packaged cauliflower products are the tastiest.

RECIPES BY ERIN ALDERSON

88 Tracking the Burren's Best

On Ireland's west coast, this quiet region has an under-the-radar food scene—think artisanal cheeses, fresh seafood and grass-fed lamb—that makes it well worth the visit.

BY DEVORAH LEV-TOV
& ROBB WALSH

Easter Bunny Latte

Add 2 tbsp. Torani Salted Caramel Syrup to 2 shots espresso (or 1/2 cup strong brewed coffee) and 1 cup milk, frothed.

Salted Caramel Milkshake

Blend 2 tbsp. Torani Salted Caramel Syrup with 1 3/4 cup vanilla ice cream & 1/4 cup milk.

Caramel Barrel

Stir 1/2 tbsp. Torani Salted Caramel Syrup with 1 cup root beer in a glass with ice.

Salted Caramel Cold Brew

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Salted Caramel Martini

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APRIL 2019

DEPARTMENTS

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102 Recipe Index

~
*A devilishly
delicious idea
for all those
leftover
Easter eggs!*
~

Deviled Eggs

Hard-boil 1 dozen large eggs. Peel and halve lengthwise. Puree the yolks in a food processor with 6 Tbsp. mayonnaise, 4 tsp. dill (or sweet) relish, 1½ Tbsp. yellow mustard and 2-4 dashes hot sauce until smooth. Add 2 Tbsp. snipped fresh chives and pulse to combine. Spoon or pipe about 1 Tbsp. of the filling into each egg white half and garnish with more chives.

NUTRITION INFO (½ EGG): Page 102

15 Dinner Tonight

We're taking the anxiety out of the daily "What am I going to make for dinner?!" conundrum with quick-fix mains, including Grilled Ancho Chicken & Apricot Salsa (p.20), Sheet-Pan Maple-Mustard Pork Chops & Carrots (p.18) and Grain Salad with Charred Broccoli, Spring Onions & Parsley-Sumac Vinaigrette (p.31). Oh, and who wants pie? Our Lemon-Coconut Icebox Pie (p.34) is special enough for company, but easy enough for nutty weeknights.

37 Good Life

Check out 4 getaways where outdoor activities—like whitewater rafting and horseback riding—meet gourmet food (p.38). Plus, read up on a cool urban bee-keeping project (p.41) and what a home DNA test can—and can't—tell you about your pup (p.44).

47 Good Health

What to eat to stay mentally sharp—now and as you age. And if all the romaine and cereal recalls have you freaked out, turn to page 51 for the scoop on how safe our food system really is (surprising stuff!). We'll help you find the perfect workout too (p.52).

57 Good.Food.Fast.

Find out which healthy yogurts won our taste test. You'll also find 5 other great portable snacks—because no one should go hangry (p.60).

99 Morsels

Sous vide cooking is having a moment right now, and we have all the details including how it works (get this: it's even more set-it-and-forget-it than your slow cooker) and which models are worth the investment (p.100).

104 Food with Purpose

Dave Miller is working to up the percentage of organic farmland in the U.S. And he's making money for investors to boot. Win-win!



Make Sargento caramelized leek and prosciutto pizza

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#Obsessed

This issue is all about food obsessions. They take many forms, from ingredients to cooking tools. And they can serve to mark the stages of your life. For me there was the going out for sushi every-single-week phase in my 20s. Lidia Bastianich's cookbooks, recipe after recipe, have dominated way too many phases to count. The arrival of the Big Green Egg for my 40th brought on a second phase of smoking pork shoulders and brisket. The first happened when I got a hand-me-down oil-drum-style smoker from New Braunfels, Texas.

The current object of my desire is za'atar. Last fall I found the spice blend everywhere on a trip to Lebanon, most memorably at the breakfast buffet in my hotel. At a farmers' market I loaded up on several types to bring home, including one made with an assortment of nuts and seeds. I've added it to salad dressings, yogurt, cucumbers, roast chicken, cauliflower, hard-boiled eggs and fava beans (*foul moudammas*) with fruity olive oil. It inspired a pizza combo with feta, olives, onions and artichokes. I decanted my stash and took it on a weekend getaway to share with friends, brought it to work to taste with the Test Kitchen team and to the gym to dole out to one of my workout buddies.

I know you get it. You *are* reading an editor's letter in a food magazine, after all! And that takes a certain level of zeal. Plus we asked about your latest food obsessions on social media and got tons of responses (there's a sampling of them on page 13). We agree with your shout-outs to cauliflower! It graces our cover and is the star of a

feature story this month (page 80).

Food obsessions can border on manic—see Holly Pevzner's hilarious ode to her slow cooker on page 42. And they can be surprising, as in the food scene in the Burren region of Ireland. Most visitors go to see the Cliffs of Moher, but thanks in part to local resident Birgitta Hedin-Curtin, the area is now on the map as much for its grass-fed meat and artisanal ice cream as for the rocky promontory (page 88). And lest you think that the word "obsession" implies overindulgence, I want to point out that these fixations can be fresh and healthy. On page 72 we hear about Johnson's Backyard Garden in Austin, Texas, a farm that has more than 1,000 devoted CSA members and legions of

followers who clamor for its lemongrass, watermelon radishes and okra at 15 farmers' markets around the state.

I'm always looking forward to what's going to preoccupy me next—these points of focus keep my approach to cooking evolving and improving. As always, I hope that *EatingWell* fuels your passion for food, now and into the future.

Cheers,

Jessie

JESSIE PRICE
EDITOR@EATINGWELL.COM



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 “I like to put a little bit of order into nature,” says Henry Hargreaves, the New York City-based food artist and photographer who shot this image for *EatingWell*. “With the beets, it was about taking something humble and challenging people’s expectations by showing different varieties.” Hargreaves’ work has been exhibited all over the world, from the Venice Biennale and Art Basel to his grandma’s nursing home.

We Dig Beets

Roasted. Pickled. Spiralized. Raw. We’ll eat this jewel-toned veg any old way. Not only are beets earthy and delicious, they can also (surprise!) up your exercise game. Seriously: An Australian review of 47 studies found that regularly consuming the root veggie helps boost endurance. In one study the researchers looked at, drinking 2 cups of beet juice a day (equal to eating about 1¾ cups of raw beets) for six days helped people work out 25 percent longer during a short, intense bout of exercise. Thank beets’ naturally occurring nitrates, which your body converts to nitric oxide—a molecule that helps broaden blood vessels, improving circulation and reducing the amount of oxygen your muscles need to work effectively. Your morning run just got that much better. —*Julia Westbrook*



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EatingWell

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My First Issue of EatingWell

I was a very long-term subscriber of *Cooking Light* magazine and looked forward to receiving every issue over the years. I received my first issue of *EatingWell* magazine in yesterday's mail and eagerly unwrapped the plastic packaging to take a look. To my delight, I love it! The helpful content, recipes, photography and recommendations are terrific. I will be making the spaghetti squash recipe on page 22 tomorrow evening for my husband and myself (adding ground Italian sausage for my husband) and look forward to going to Bed Bath & Beyond to purchase one of the spiralizers you are recommending. If subsequent issues are like my first, I will be a very happy subscriber.

■ **Donna N. Stein**, Verona, NY

Spiralizer Recipes?

When my initial issue of *EatingWell* arrived (I am a *Cooking Light* transfer), I was delighted to see the beautiful cover and went right to the page for recipes only to discover the magazine did not have a single spiralized recipe. I purchase cooking magazines for recipes. Why would you feature a tempting vegetable picture in a cooking magazine and not offer recipes to accompany it?

■ **B.L.**, Becket, MA

EDITOR'S REPLY

We're sorry we didn't give you recipes to accompany the review of spiralizer tools. Lesson learned. For all of our favorite spiralizer recipes including zoodles, sweet potato carbonara and curly fries, go to: eatingwell.com/spiralizedrecipes

The Best of Both Worlds!

I've been a diehard *Cooking Light* subscriber for more years than I can remember. I'd never seen an *EatingWell* issue. I received my first issue (Jan/Feb) of what appears to be combination of the best of each magazine, *EatingWell* and *Cooking Light*. I love it! If each issue is as chock-full of wonderful articles, recipes, etc., you have a fan!

■ **Reneé Klaproth**, Canton, GA

Rip-Out Recipes

I was distressed to receive my *Cooking Light* final issue but I'm delighted with my *EatingWell* featuring *Cooking Light*! *Cooking Light* renewed my love of trying new recipes in the early years of the 2000s. I found myself ripping out recipe after recipe from this current issue. I paged forward and realized I may as well leave the magazine intact and simply try every enticing recipe! I appreciate the inspiration and greatly anticipate the coming issues.

■ **Devon Talley**, Frisco, TX

Informative Array of Articles

I felt compelled to send a note regarding the Jan/Feb 2019 *EatingWell* magazine. Expecting to flip through in 5 minutes... I was pleasantly surprised to be engrossed 40 minutes later! A magazine has not kept my interest, this long, in years. The articles were so different and informative. I found myself reading at least 2 articles out loud to my husband ("Meet the Miracle Mutts" and "Shaken, Not Slurred")! I was so astounded to be so absorbed in these days of digital media overload. Thank you and please keep it up!

■ **Dawn Casillo**, Boston, MA

And... Too Many Articles

I have a concern that the *EatingWell* magazine is more about articles than recipes. *Cooking Light* was packed full of recipes and cooking advice. The most recent *EatingWell* has very few recipes. Is there any intention to introduce more, i.e., make *EatingWell* more of a cooking magazine?

■ **Robert Palmer**, Swanee, GA

EDITOR'S REPLY

Our first priority is always delicious, healthy recipes that are well tested so that we know you'll get great results. That said, we also think a balance of informative and entertaining articles makes for a richer magazine.

My Messy Valentine

This is the first copy of *EatingWell* I've seen. First impressions are always important. I enjoyed this magazine until I got to Sarah Schmelling's article "My Messy Valentine." Maybe she intended it to be funny, but I found it to be demeaning to men. In this day of a certain part of the country promoting "toxic masculinity" and other "anti-male" ideas, I hope this is not the direction you take with *EatingWell*.

■ **Mike Monnin**, Lebanon, OH

EDITOR'S REPLY

The Good Life: Ink piece was meant to be a funny commentary about one man, not all men. From our Test Kitchen crew to our own spouses, we have many spectacular male cooks around here—and we strive to show diversity both in the chefs we feature and the food they create.

Well-Cooked Vegetable

As a former *Cooking Light* subscriber for at least the last 20 years, I was sad to see it go. I was skeptical about what *EatingWell* was going to offer that might convince me to give it a go. I have to say I really liked my first issue, Jan/Feb 2019. It has a lovely variety of recipes with ingredients that grocery stores offer. All of that being said, the main reason I liked the issue is that it actually contained a vegetable recipe where the vegetable was cooked to its tender goodness—Soft Green Beans! I am so tired of recipes that recommend vegetables be cooked "al dente." For example, broccoli does look green and lovely after cooking for a few minutes but if I want to eat crunchy broccoli I'll eat it raw, thank you very much! I look forward to future issues and to cooking some of the delicious-sounding recipes in the current issue.

■ **Mary Jane Alpaugh**, Pleasant Hill, CA

Perfect for a Plant-Based Diet

Today I received my first issue of *EatingWell*, replacing my subscription to *Cooking Light*. I loved it. It is compatible with my plant-based diet. It inspired me to make a chicken thigh recipe for my husband. There are other recipes I will try as well. Thank you.

■ **Marion Mockridge**, Simpsonville, SC

More Plant-Based, Please

Just got my first issue of *EatingWell* merged with *Cooking Light*. I was a *CL* subscriber since 1999. Concerns of environmental damage and animal cruelty are at an all-time high. I hope *EatingWell* lessens the amount of meat recipes for more vegan or vegetarian meals. I was a little dismayed to see 20-plus chicken recipes highlighting the new year instead of more salads and plant-based options. There is no shortage of Instagram blogs for vegan recipes, but there's something about reading a good old-fashioned magazine.

■ **Lin**, via email

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April 2019 **EATINGWELL** 13



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DINNER TONIGHT



Ring
in
Spring

Dive into fresh dinner recipes featuring the brightest the season has to offer, like the peas, pea shoots and basil in this creamy dumpling dish.

GO PRO

Use 2 spoons to form your dumplings into shapely ovals, aka quenelles. Scoop a dollop of the ricotta mixture from one spoon onto the other, until you end up with a smooth football-shaped dumpling.

Basil Ricotta Dumplings & Creamy Peas

ACTIVE: 40 min **TOTAL:** 40 min

Ricotta makes light and fluffy dumplings. For an easy mess-free way to shape the dumplings, see our tip on how to make quenelles, above.

- 2 cups part-skim ricotta cheese**
- 2 large egg yolks**
- ½ cup all-purpose flour, plus more for dusting**
- ½ cup chopped fresh basil, plus more for garnish**
- ¼ teaspoon ground pepper**
- ⅛ teaspoon salt**
- 2 tablespoons extra-virgin olive oil**
- ⅓ cup chopped pancetta or bacon**

- 2 cloves garlic, chopped**
- 1 cup fresh or frozen peas**
- ½ cup light cream**
- Shaved Parmesan cheese & pea shoots for garnish**

- 1.** Bring a large pot of water to a gentle boil. Dust a large baking sheet with flour. Line another baking sheet with paper towels.
- 2.** Stir ricotta, egg yolks, flour, basil, pepper and salt together in a medium bowl until combined. Form the mixture into about 20 oblong dumplings, or quenelles, using about 1 heaping tablespoon for each. Place them on the floured pan.
- 3.** Carefully drop the dumplings into the boiling water and cook until they begin to float, 2 to 3 minutes. Remove with a slotted spoon and

transfer to the paper-towel-lined pan.

- 4.** Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add half the dumplings and cook, turning once, until browned, about 5 minutes. Transfer to a clean plate. Repeat with the remaining 1 tablespoon oil and dumplings.

- 5.** Add pancetta (or bacon) and garlic to the skillet. Cook, stirring, until fragrant, about 1 minute. Add peas and cream. Cook, stirring occasionally, until thickened, about 2 minutes. Serve the dumplings with the sauce, garnished with Parmesan, pea shoots and more basil, if desired.

SERVES 4: 5 dumplings & ¼ cup sauce each
CAL 449 / **FAT** 28G (SAT 12G) / **CHOL** 154MG / **CARBS** 26G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 23G / **FIBER** 2G / **SODIUM** 430MG / **POTASSIUM** 352MG.

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Sheet-Pan Maple-Mustard Pork Chops & Carrots

ACTIVE: 10 min **TOTAL:** 30 min

Rainbow carrots add colorful pizzazz, but regular orange carrots are a just-as-tasty substitute. Pork dries out easily—using an instant-read thermometer ensures meat is cooked safely, but still moist.

- 4 tablespoons extra-virgin olive oil, divided
- 1 tablespoon whole-grain mustard
- 1 tablespoon maple syrup
- 4 5-ounce bone-in, center-cut pork chops (½ inch thick)
- 1½ pounds rainbow carrots, cut diagonally into ¼-inch slices
- 2 teaspoons finely chopped garlic
- 1 teaspoon coarsely chopped peeled fresh ginger
- ½ teaspoon ground turmeric
- ¾ teaspoon kosher salt
- ¾ teaspoon ground pepper
- ¼ cup chopped flat-leaf parsley

1. Position a rack in the lower third of the oven and preheat to 450°F.

2. Whisk 1 tablespoon oil, mustard and maple syrup in a small bowl. Place pork chops on one side of a rimmed baking sheet. Brush the tops with the oil mixture. Place carrots on the other side and drizzle with the remaining 3 tablespoons oil. Sprinkle garlic, ginger and turmeric on the carrots and toss to coat. Season everything with salt and pepper. Roast for 10 minutes.

3. Turn broiler to high. Broil until an instant-read thermometer inserted in the thickest part of a chop without touching the bone registers 145°F, about 4 minutes. Continue cooking the carrots, if needed, until tender and glazed, 2 to 5 minutes more. Serve sprinkled with parsley.

SERVES 4: 1 pork chop & ½ cup carrots each

CAL 376 / **FAT** 21G (SAT 4G) / **CHOL** 72MG / **CARBS** 21G / **TOTAL SUGARS** 11G (ADDED 3G) / **PROTEIN** 25G / **FIBER** 5G / **SODIUM** 453MG / **POTASSIUM** 893MG.

A GOOD READ

Insert your instant-read thermometer from the side, rather than the top, to get a more accurate read on thinner cuts of meat, like these pork chops.



JOHNNY AUTRY; STYLING: CHARLOTTE AUTRY (FOOD & PROPS); RECIPE BY ADAM HICKMAN

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Easy Smoked Sausage Skillet

Serving Size: 4-6

Total Time: 20 minutes

Ingredients :

- 1 pkg. Hillshire Farm® smoked sausage, diagonally sliced thin
- 2 cloves garlic, crushed
- ¼ cup olive oil
- 1 large red bell pepper, sliced thin
- 1 small yellow onion, sliced thin
- 1 pkg. frozen broccoli, thawed
- ½ cup chicken broth (or water)
- ½ cup tomato sauce
- 2 cups instant rice
- ½ cup shredded Mozzarella cheese

Instructions :

Heat olive oil and garlic in skillet, stir in smoked sausage slices and cook until browned. Add pepper, onion, broccoli, broth and tomato sauce and simmer for 10 minutes until the vegetables are tender and the liquid is absorbed. In the meantime, prepare rice according to package instructions. Stir rice into the skillet, sprinkle with cheese and serve.

Visit HillshireFarm.com/recipes for delicious recipes perfect for any night of the week.



PAIR IT

Grab a bottle of bone-dry **2017 Chateau Ste. Michelle Dry Riesling, \$9.** The lively aromas of lime and peach complement the salsa perfectly.

Grilled Ancho Chicken & Apricot Salsa

ACTIVE: 30 min **TOTAL:** 30 min

Grilling not-quite-ripe stone fruit is a mouth-watering way to bring out its natural flavor and sweetness. Ancho chile has a rich, mild flavor. If you can't find it, use mild chili powder in its place.

- 4** chicken breast cutlets (about 1 pound)
 - 2** tablespoons extra-virgin olive oil, divided
 - 2** teaspoons ancho chile powder
 - ½** teaspoon garlic powder
 - ½** teaspoon salt plus **⅛** teaspoon, divided
 - 4** apricots, nectarines *and/or* peaches, halved and pitted
 - 1** ripe avocado, chopped
 - ¼** cup coarsely chopped fresh cilantro
 - 3** tablespoons finely chopped red onion
 - 1** jalapeño pepper, seeded and thinly sliced
 - 1** tablespoon lime juice
 - 4** lime wedges
- 1.** Preheat grill to medium-high.
 - 2.** Brush both sides of chicken with 1 tablespoon oil and sprinkle with chile powder, garlic powder and **½** teaspoon salt. Brush the cut sides of the fruit with the remaining 1 tablespoon oil.
 - 3.** Grill the chicken, turning once halfway, until

an instant-read thermometer inserted into the thickest part registers 165°F, 6 to 8 minutes.

Grill the fruit, cut-side down, until slightly softened and beginning to char, about 4 minutes.

4. Meanwhile, combine avocado, cilantro, onion, jalapeño, lime juice and the remaining **⅛** teaspoon salt in a medium bowl. When the fruit is cool enough to handle, chop and stir into the salsa.

5. Serve the chicken with the salsa and a lime wedge.

SERVES 4: 1 cutlet & **¾** cup salsa each

CAL 307 / **FAT** 18G (SAT 3G) / **CHOL** 83MG / **CARBS** 11G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 27G / **FIBER** 4G / **SODIUM** 433MG / **POTASSIUM** 773MG.



Get recipes for easy *EatingWell* 20-minute & week-night mains in Cozi, a free meal-planning and organizing app from our parent company, Meredith Corporation (available on iTunes and Google Play).

**STIR-FRY
SECRET**

Shaoxing rice wine is a nutty Chinese spirit made from glutinous rice that adds complex flavor to simple stir-fries and braised meat. Look for it in Asian food markets or in the international aisle of large grocery stores.

Shrimp Stir-Fry with Green Pepper, Pineapple & Bacon**ACTIVE:** 20 min **TOTAL:** 20 min

Starting with some bacon in the wok creates drippings, which add tons of smoky flavor to the vegetables and shrimp that go in next. Serve over brown rice.

- 2 tablespoons sweet chili sauce**
- 2 tablespoons Shaoxing rice wine (see Tip, above) or dry sherry**
- 2 tablespoons reduced-sodium tamari**
- 2 tablespoons water**
- 2 teaspoons cornstarch**
- 2 ounces thick-cut bacon, cut into ½-inch pieces**
- 1 large green bell pepper, chopped**
- 12 ounces peeled and deveined raw shrimp (21-25 count)**
- 1 bunch scallions, cut into 1-inch pieces**
- 1 tablespoon minced peeled fresh ginger**
- ¼ teaspoon crushed red pepper**
- 1½ cups chopped fresh pineapple (1-inch pieces)**

1. Combine chili sauce, rice wine (or sherry), tamari, water and cornstarch in a small bowl. Set next to the stove.

2. Cook bacon in a large flat-bottom wok or large skillet over medium-high heat, stirring, until crisp, about 5 minutes. Using a slotted spoon, transfer the bacon to a plate.

3. Add bell pepper to the drippings in the pan and cook, stirring, for 1 minute. Add shrimp, scallions, ginger and crushed red pepper; cook, stirring, until the shrimp are cooked through, about 2 minutes. Stir the reserved sauce and add to the pan along with pineapple and the bacon. Cook, stirring, until the sauce thickens slightly, about 1 minute more.

SERVES 4: 1 cup each

CAL 180 / **FAT** 3G (SAT 1G) / **CHOL** 142MG / **CARBS** 18G / **TOTAL SUGARS** 12G (ADDED 4G) / **PROTEIN** 21G / **FIBER** 2G / **SODIUM** 613MG / **POTASSIUM** 462MG.



Fried Eggs, Sausage & Kale Skillet with Tomato Aioli

ACTIVE: 20 min **TOTAL:** 20 min

Dark leafy greens and whole-grain toast make this breakfast-for-dinner egg combo a no-brainer alternative to takeout when you're rushed.

- 1 clove garlic, halved
- 4 slices crusty whole-wheat bread
- 1 tablespoon butter
- ¼ cup mayonnaise
- 1 tablespoon tomato paste
- 1 teaspoon lemon juice
- ¼ teaspoon salt, divided, plus a pinch
- 1 tablespoon extra-virgin olive oil
- 6 ounces hot Italian sausage, casing removed

- 8 cups packed chopped kale
- 2 scallions, sliced
- ⅓ cup water
- 4 large eggs
- Pinch of ground pepper

1. Rub cut side of garlic on both sides of bread. Toast the bread. Butter each slice. Set aside.
2. Grate the remaining garlic into a small bowl and stir in mayonnaise, tomato paste, lemon juice and ⅓ teaspoon salt. Set aside.
3. Heat oil in a large nonstick skillet over medium-high heat. Add sausage and cook, breaking up large pieces with a wooden spoon, until almost cooked, about 3 minutes. Add kale, scallions, water and ⅓ teaspoon salt; cook, stirring occasionally, until the sausage is cooked

through and the kale is wilted, about 2 minutes more. Transfer to a serving platter or divide among 4 plates.

4. Crack eggs into the pan and sprinkle with the remaining pinch of salt and pepper. Cook for 1 minute. Cover and cook until the whites are just set, about 1 minute more. Top the kale with the eggs and serve with the aioli and the toast.

SERVES 4: 1 egg, ½ cup sausage & kale, 1½ Tbsp. aioli & 1 toast slice each

CAL 390 / **FAT** 29G (SAT 8G) / **CHOL** 212MG / **CARBS** 18G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 16G / **FIBER** 3G / **SODIUM** 675MG / **POTASSIUM** 433MG.

GREEN MACHINE

Loading kale into this quick egg dinner provides 10 percent daily value calcium as well as vitamins and fiber.





DOUGH AS YOU GO

Keep phyllo dough on hand in your freezer—you can pull out a couple sheets at a time as needed, then roll it back up and throw it into the freezer until the next time you want to make these quick cheese crisps.

Poppy Seed Chicken Salad with Phyllo-Cheese Crisps

ACTIVE: 20 min **TOTAL:** 20 min

TO MAKE AHEAD: Refrigerate dressing (Step 3) for up to 2 days.

EQUIPMENT: Parchment paper

Make your own crunchy cheese crisps in a snap, using phyllo dough, for a delicious accompaniment to this spinach and apple salad.

3 9-by-14-inch phyllo pastry sheets, thawed

4 teaspoons extra-virgin olive oil plus 2 tablespoons, divided

1 large egg white, beaten

⅓ cup freshly grated Parmigiano-Reggiano cheese

1 tablespoon fresh thyme leaves

3 tablespoons buttermilk

2 tablespoons honey

1 tablespoon cider vinegar

1 teaspoon poppy seeds

½ teaspoon Dijon mustard

½ teaspoon kosher salt

5 cups baby spinach

1½ cups shredded cooked chicken breast

1 medium Gala apple, sliced

1. Preheat oven to 350°F. Line a baking sheet with parchment paper.

2. Place 1 sheet of phyllo on the prepared baking sheet. Brush with 2 teaspoons oil. Top with a second sheet of phyllo, pressing gently to adhere. Brush with 2 teaspoons oil. Place

the third sheet on top and brush with egg white. Sprinkle with cheese and thyme. Using a pizza cutter or sharp knife, cut the phyllo stack into approximately 2-inch squares. Bake until golden brown, about 8 minutes. Let cool for about 3 minutes.

3. Meanwhile, whisk the remaining 2 tablespoons oil, buttermilk, honey, vinegar, poppy seeds, mustard and salt in a medium bowl.

4. Add spinach, chicken and apple to the bowl and toss to coat. Serve with the phyllo crisps.

SERVES 4: 1½ cups salad & 6 crisps each

CAL 349 / **FAT** 17G (SAT 4G) / **CHOL** 50MG / **CARBS** 26G / **TOTAL SUGARS** 14G (ADDED 9G) / **PROTEIN** 23G /

FIBER 3G / **SODIUM** 567MG / **POTASSIUM** 249MG.



Tale of the Scale

Tasting the chipotle in this recipe isn't the only way to find out if it's too hot to handle. The Scoville scale ranks all peppers by hotness—from not-hot bell peppers (0) to fiery ghost peppers (1,000,000-plus). Many factors, including cooking, affect heat—chipotles (dried, smoked jalapeños) range up to 10,000, whereas fresh jalapeños are about 5,000.

By Joy Howard



Charred Vegetable Tostadas with Lime Crema

ACTIVE: 45 min **TOTAL:** 45 min

Charring the vegetables under the broiler infuses them with smoky flavor while cooking them quickly.

LIME CREMA

- 5 tablespoons sour cream
- 1/8 teaspoon lime zest
- 2 teaspoons lime juice
- 1/8 teaspoon kosher salt

TOSTADAS

- 6 corn tortillas
- 2 tablespoons canola oil plus 2 teaspoons, divided
- 4 cloves garlic, sliced, divided
- 1 1/2 teaspoons ground cumin
- 1 teaspoon kosher salt, divided
- 1/8 teaspoon chipotle chile powder
- 2 15-ounce cans no-salt-added black beans, rinsed
- 1/4 cup water, plus more as needed
- 2 medium red bell peppers, sliced
- 1 large red onion, halved and sliced
- 2 medium zucchini, halved and sliced 1/2 inch thick
- 1 cup fresh or frozen corn kernels
- 1/4 teaspoon ground pepper
- 1 cup thinly shredded cabbage
- 1/4 cup chopped fresh cilantro
- 6 tablespoons crumbled cotija cheese

KIDS DO 1. To prepare crema: Combine sour cream, lime zest, lime juice and salt in a small bowl. Set aside.

2. To prepare tostadas: Position a rack in upper third of oven; preheat to 400°F.

KIDS DO 3. Brush both sides of tortillas with 1 tablespoon oil and arrange on a baking sheet. (It's OK if they overlap a bit; they will shrink as they cook.) Bake, turning once halfway, until browned and crisp, about 10 minutes. Transfer to a wire rack and let cool.

4. Meanwhile, heat 2 teaspoons oil in a large skillet over medium heat. Add 1 garlic clove and cook, stirring occasionally, until fragrant, about 30 seconds. Add cumin, 1/2 teaspoon salt and chile powder; cook, stirring, for 30 seconds more. Add beans and cook, stirring occasionally, until heated through, about 4 minutes. Transfer the beans to a food processor and add 1/4 cup water. Pulse until smooth, adding more water, 1 tablespoon at a time, if needed.

5. Preheat broiler to high.

KIDS DO 6. Toss bell peppers, onion, zucchini, corn, ground pepper, the remaining 3 garlic cloves, 1 tablespoon oil and 1/2 teaspoon salt in a large bowl. Spread on a large rimmed baking sheet. Broil, stirring occasionally, until lightly charred, 8 to 12 minutes.

7. Top the tostadas with some of the beans, charred vegetables, cabbage, cilantro, cheese and the reserved crema.

SERVES 6: 1 tostada each

CAL 327 / **FAT** 12G (SAT 3G) / **CHOL** 12MG / **CARBS** 43G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 13G / **FIBER** 10G / **SODIUM** 522MG / **POTASSIUM** 733MG.



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Totally Radical Radishes

Radish Slaw with Toasted Sesame Dressing

ACTIVE: 5 min **TOTAL:** 15 min

Stir 3 Tbsp. **rice vinegar**, 2 Tbsp. each **toasted sesame oil** and **reduced-sodium tamari** and ½ tsp. **sugar** in a medium bowl. Add 2 cups thinly sliced **radishes**, 1 cup **carrot** matchsticks, 2 Tbsp. chopped fresh **cilantro** and 2 tsp. toasted **sesame seeds**. Toss to coat. Let stand for 10 minutes. Using tongs or a slotted spoon, transfer to a serving bowl (discard dressing). Garnish with more cilantro.

SERVES 4: ½ cup each

CAL 99 / **FAT** 8G (SAT 1G) / **CHOL** 0MG / **CARBS** 6G /

TOTAL SUGARS 3G (ADDED 0G) / **PROTEIN** 2G /

FIBER 2G / **SODIUM** 394MG / **POTASSIUM** 241MG.





TINY & MIGHTY

Like broccoli, Brussels and other crucifers, radishes boast potent plant compounds credited with anti-cancer and anti-inflammatory properties. Enjoy raw for max benefits.

Radish & Potato Gratin

ACTIVE: 25 min **TOTAL:** 40 min

Peel and thinly slice 1 medium **russet potato** and 1 medium **daikon radish**. Place in a microwave-safe bowl, add $\frac{1}{4}$ cup **water**, cover with plastic wrap and microwave on High until just tender, 5 minutes. Transfer to a saucepan. Whisk one 12-oz. can **nonfat evaporated milk**, $\frac{1}{2}$ cup grated **Gruyère cheese**, 3 Tbsp. **all-purpose flour**, $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **ground pepper** in a bowl. Pour over the vegetables. Bring to a boil; simmer until tender and the sauce is thickened, 10 to 12 minutes. Transfer to a baking dish coated with cooking spray. Top with $\frac{1}{2}$ cup **panko breadcrumbs** mixed with 1 Tbsp. **olive oil**. Broil for 1 to 2 minutes. Let cool 10 minutes. Garnish with 1 Tbsp. chopped **chives**.

SERVES 4: $\frac{1}{4}$ gratin each

CAL 191 / **FAT** 5G (SAT 2G) / **CHOL** 12MG / **CARBS** 26G / **TOTAL SUGARS** 8G (ADDED 0G) / **PROTEIN** 9G / **FIBER** 2G / **SODIUM** 343MG / **POTASSIUM** 503MG.

Sautéed Radishes with Bacon

ACTIVE: 20 min **TOTAL:** 20 min

Cook 3 slices chopped **bacon** in a large skillet over medium-high heat until crisp, 5 to 6 minutes. Remove with a slotted spoon. Add 12 ounces quartered **radishes** and 6 quartered medium **shallots** to the pan; cook, undisturbed, until slightly charred, 2 to 3 minutes. Stir and cook until browned on all sides, 8 to 10 minutes more. Add 2 tsp. chopped **garlic**, 1 tsp. chopped fresh **thyme** and $\frac{1}{4}$ tsp. each **salt** and **ground pepper**. Remove from heat and add $1\frac{1}{2}$ Tbsp. **cider vinegar**, $1\frac{1}{2}$ tsp. **butter** and the **bacon**. Garnish with more thyme, if desired.

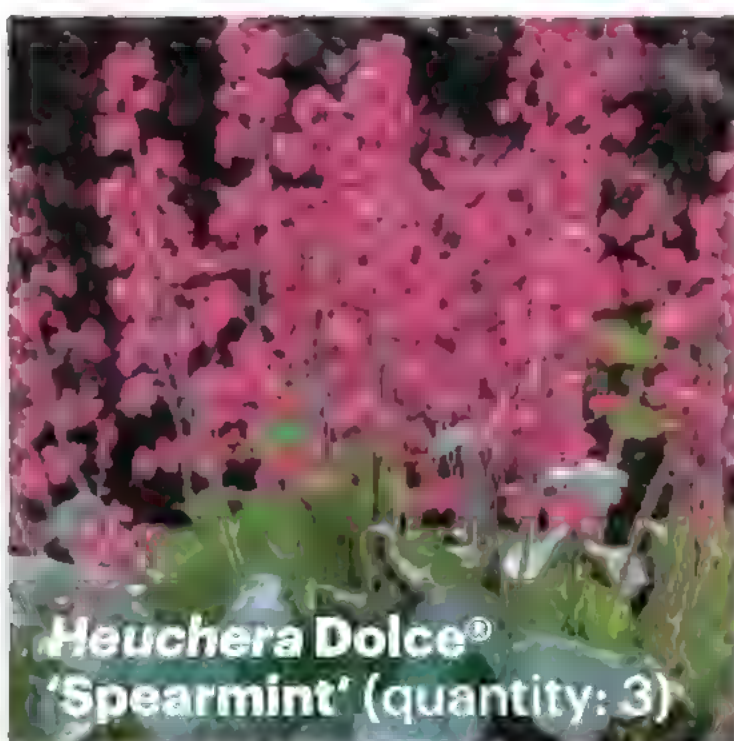
SERVES 4: $\frac{2}{3}$ cup each

CAL 96 / **FAT** 4G (SAT 2G) / **CHOL** 12MG / **CARBS** 11G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 5G / **FIBER** 1G / **SODIUM** 300MG / **POTASSIUM** 249MG.

HUMMINGBIRD HAVEN

GARDENER'S FAVORITE

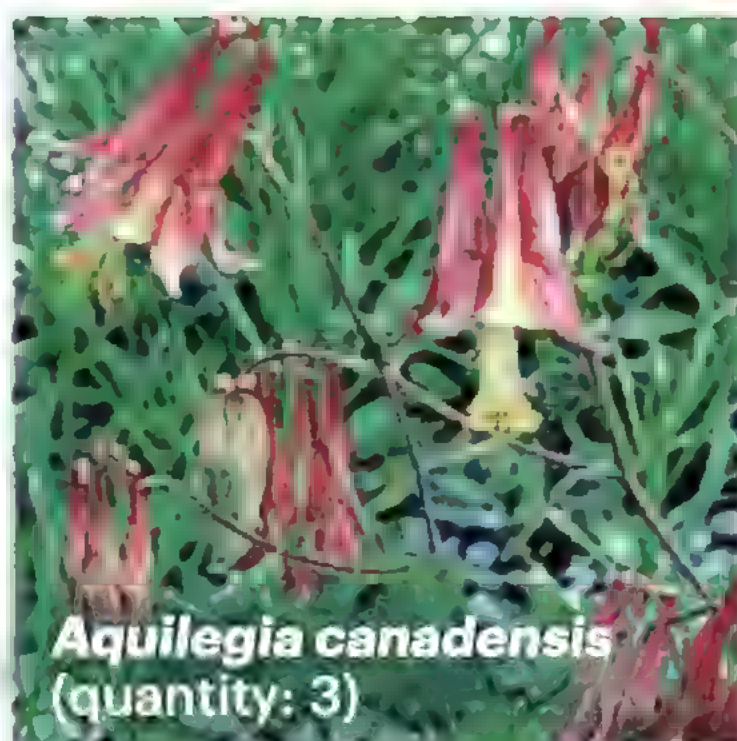
Create your own hummingbird oasis with this Long-Season Garden from White Flower Farm! Filled with sun-loving, nectar-rich perennials, your winged friends will be drawn in, as they head north, by blossoms of Columbine, red flower clusters of Coral Bells and lavender-blue spikes of Salvia. As summer settles in, they'll feed on long-blooming Penstemon and royal purple Phlox. Your garden will fill about 20 square feet and comes with a total of 15 gorgeous plants. \$99 plus shipping (Item MM081382)



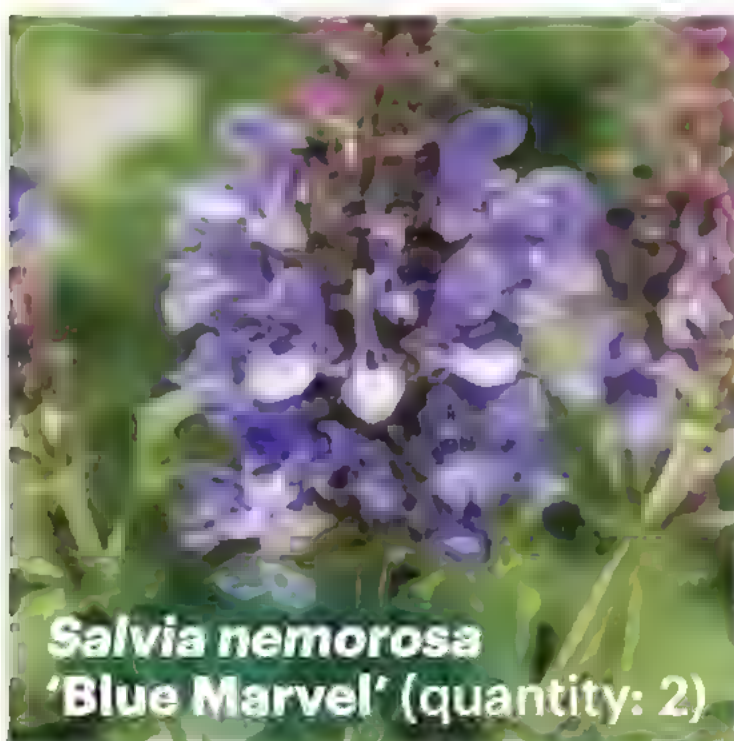
Heuchera Dolce[®]
'Spearmint' (quantity: 3)



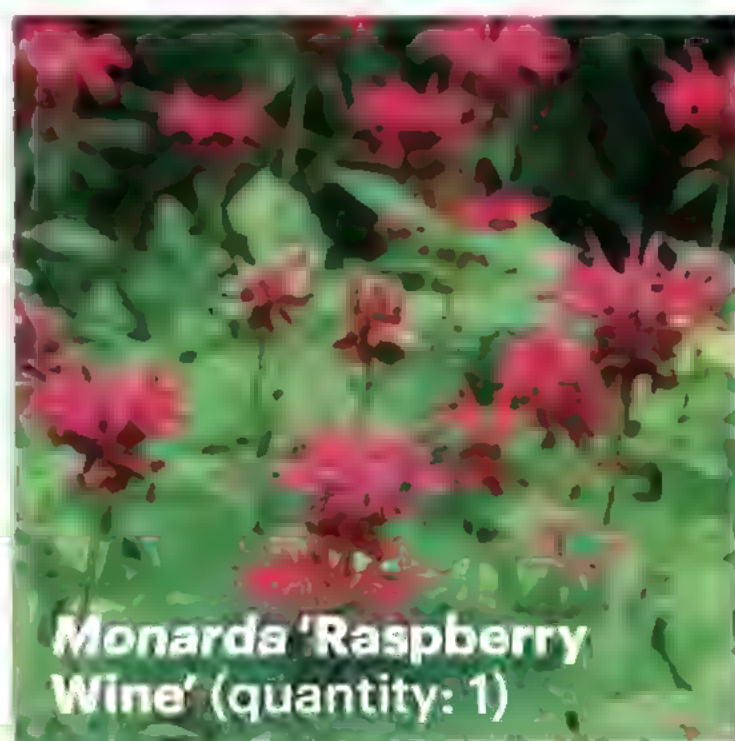
Monarda Sugar Buzz[®]
'Blue Moon' (quantity: 2)



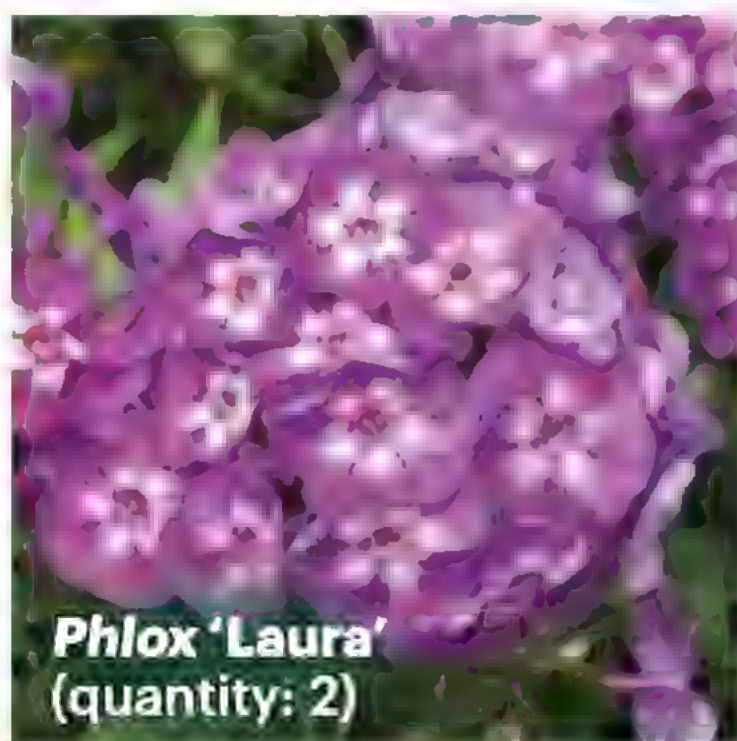
Aquilegia canadensis
(quantity: 3)



Salvia nemorosa
'Blue Marvel' (quantity: 2)



Monarda 'Raspberry Wine' (quantity: 1)



Phlox 'Laura' (quantity: 2)



Penstemon Mission Bells[™]
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GARDEN NOTES:

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Grain Salad with Charred Broccoli, Spring Onions & Parsley-Sumac Vinaigrette**ACTIVE:** 30 min **TOTAL:** 30 min**TO MAKE AHEAD:** Refrigerate vinaigrette (Step 3) for up to 1 day.

This texture-diverse salad revels in the goodness of broccoli and the spring arrival of radishes, spring onions and bright green parsley. Sumac, which is commonly used in Middle Eastern cooking, adds a touch of tartness. Look for it in well-stocked spice sections at your market.

- 5 tablespoons canola oil, divided**
- 4 cups broccoli florets**
- ½ teaspoon lemon zest**
- 1 teaspoon kosher salt, divided**
- ¼ teaspoon ground pepper**
- 1 tablespoon butter**

- 4 small spring onions with 6 inches of greens, cut into ½-inch-thick pieces**
- ¼ cup parsley stems, finely chopped**
- 1½ teaspoons Dijon mustard**
- 1 tablespoon lemon juice**
- 1 tablespoon red-wine vinegar**
- ½ teaspoon ground sumac**
- 3 tablespoons extra-virgin olive oil**
- 2 cups cooked wheat berries, farro or pearl barley**
- ½ cup crumbled sheep's-milk feta cheese**
- ½ cup sliced red radishes**

- 1.** Heat a large cast-iron skillet over high heat until very hot. Add 2 tablespoons canola oil and broccoli. Cook, turning often with tongs, until softened and charred, 3 to 5 minutes. Transfer to a large bowl and add lemon zest, ¼ teaspoon salt and pepper; stir to coat.
- 2.** Reduce heat to medium. Add butter, spring

onions and ¼ teaspoon salt to the pan. Cook, stirring occasionally, until softened and charred, about 5 minutes. Transfer to the bowl with the broccoli.

3. Place parsley stems, mustard, lemon juice, vinegar and sumac in a mini food processor and pulse until combined. Drizzle in olive oil and the remaining 3 tablespoons canola oil in a slow stream until fully incorporated. Add the remaining ½ teaspoon salt and pulse to combine.

4. Add wheat berries (or farro or barley), feta and radishes to the vegetables. Toss with ¼ cup of the vinaigrette. Serve drizzled with the remaining vinaigrette, if desired.

SERVES 6: 1 cup each

CAL 348 / **FAT** 24G (SAT 5G) / **CHOL** 16MG / **CARBS** 28G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 4G / **SODIUM** 484MG / **POTASSIUM** 229MG.



In this recipe, chef **HUGH ACHESON** shows the power of charring vegetables as a way to add interest to a salad. Besides his four restaurants, the former *Top Chef* judge has also started a nonprofit, Seed Life Skills, which empowers kids by teaching them real world cooking, financial and life skills.

Vegetarian Pozole

ACTIVE: 20 min **TOTAL:** 7 hrs 20 min
(plus overnight bean-soaking)

EQUIPMENT: 6-qt. slow cooker, parchment paper
Chewy hominy—corn that has been treated with lime to remove the tough hull and germ—is integral to this hearty stew. Look for it in cans in the Latin section of your supermarket.

- 1 cup dried cannellini beans, soaked overnight
- 1 tablespoon extra-virgin olive oil
- 2 cups chopped yellow onions
- 2 cups chopped seeded poblano peppers
- 3 large cloves garlic, finely chopped
- 1 tablespoon ancho chile powder
- 1 tablespoon chili powder
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 6 cups low-sodium vegetable broth
- 1½ cups canned hominy, rinsed
- 6 tablespoons prepared tomatillo salsa
- 1 tablespoon lime juice
- ¼ teaspoon salt

- 1 cup shredded cabbage
- ¾ cup sour cream
- ½ cup sliced radishes
- ¼ cup chopped fresh cilantro

1. Drain beans and transfer to a 6-quart slow cooker. Heat oil in a large skillet over medium heat. Add onions and poblanos; cook, stirring occasionally, until tender, about 4 minutes. Add garlic, ancho chile powder, chili powder, oregano and cumin; cook, stirring often, until fragrant, about 1 minute. Transfer the mixture to the slow cooker. Stir in broth and hominy. Cut a piece of parchment paper to fit inside the slow cooker and press it directly onto the pozole. Cover with the lid and cook on Low until the beans are tender, 7 to 8 hours.

2. Stir salsa, lime juice and salt into the pozole. Serve topped with cabbage, sour cream, radishes and cilantro.

SERVES 6: 1½ cups each

CAL 270 / **FAT** 8G (SAT 3G) / **CHOL** 14MG / **CARBS** 41G /
TOTAL SUGARS 10G (ADDED 0G) / **PROTEIN** 9G /
FIBER 14G / **SODIUM** 665MG / **POTASSIUM** 617MG.

FORGET TO SOAK YOUR BEANS?

No problem! Just place them in a large pot and add water to cover by 2 inches. Bring to a boil, remove from heat and let stand for 1 hour.





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Lemon-Coconut Icebox Pie

ACTIVE: 15 min **TOTAL:** 3 hrs 40 min (including 2 hours chilling time)

TO MAKE AHEAD: Refrigerate for up to 1 day.

EQUIPMENT: 9-inch pie pan

Light and delicious, this old-fashioned lemon pie takes dessert up a notch thanks to coconut in the crust, which boosts both flavor and texture. For the brightest hit of citrus use fresh-squeezed lemon juice.

1 cup graham cracker crumbs (9 whole graham crackers)

1/2 cup unsweetened shredded coconut

1/4 cup coconut oil, melted

1/4 teaspoon salt

8 large egg yolks

1 tablespoon lemon zest

1 1/4 cups nonfat sweetened condensed milk (from two 14-ounce cans)

1 cup lemon juice

Toasted unsweetened coconut flakes & lemon slices for garnish

1. Preheat oven to 325°F. Lightly coat a 9-inch pie pan with cooking spray.

2. Mix graham cracker crumbs, coconut, oil and salt in a medium bowl. Press the mixture evenly into the bottom and up the sides of the prepared pan. Bake until the crust is set, but not browned, about 5 minutes. Transfer to a wire rack.

3. Beat egg yolks and zest in a medium bowl with an electric mixer until pale and foamy, about 4 minutes. Whisk condensed milk and lemon juice in another bowl until combined. Whisk the milk mixture into the egg mixture until blended. Pour into the crust.

4. Bake the pie until the center jiggles slightly, 20 to 25 minutes. Let cool on a wire rack for 1 hour. Cover with plastic wrap and chill for at least 2 hours or overnight. Garnish with coconut flakes and lemon slices, if desired.

SERVES 10: 1 slice each

CAL 291 / FAT 12G (SAT 7G) / CHOL 154MG / CARBS 39G / TOTAL SUGARS 32G (ADDED 26G) / PROTEIN 7G / FIBER 1G / SODIUM 160MG / POTASSIUM 516MG.

GRAND GRAHAMS



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The Easter Cheesecake

THAT WILL GET EVERYONE HOPPING

RASPBERRY-LEMON CHEESECAKE BARS

Prep Time: 15 min. | Total Time: 6 hours 5 min. | Makes: 18 servings
(incl. refrigerating)

WHAT YOU NEED

2 cups graham cracker crumbs
1 cup plus 2 Tbsp. sugar, divided
6 Tbsp. butter, melted
3 cups (12 oz.) raspberries, divided
1 Tbsp. each zest and juice from 1 lemon
4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
4 eggs

MAKE IT

HEAT oven to 325°F.

LINE 13x9-inch pan with foil, with ends of foil extending over sides. Combine graham crumbs, 2 Tbsp. sugar and butter; press onto bottom of prepared pan. Bake 10 min.

RESERVE 1/2 cup raspberries and 1 tsp. lemon zest for later use.

BEAT cream cheese, lemon juice, remaining zest and remaining sugar in large bowl with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Gently stir in remaining raspberries; pour over crust.

BAKE 35 to 40 min. or until center is almost set. Cool completely.

REFRIGERATE 4 hours. Top with reserved raspberries and lemon zest.

Use foil handles to remove cheesecake from pan before cutting into bars.



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GOOD LIFE

A Taste *for* Adventure

Plenty of epic rides and hikes have been fueled by PB&J and trail mix. That's perfectly fine. But these four experiences go miles beyond the basics, with elevated cuisine geared for foodies on the move. By Lindsay Warner



WILL TRAVEL FOR:

Outdoor Activities, Delicious Food

White-Linen Rafting

MERLIN, OREGON Paddle down the Rogue River in southwestern Oregon by day, then gather around candlelit tables under the stars on this 4-day point-to-point rafting and camping trip run by the adventure travel company **OARS**. Menus include dishes like bacon-wrapped black mission figs filled with Point Reyes blue cheese, heirloom tomato salad with freshly made pesto, and porcini risotto. Local microbrews and wines fill the drink selections. Later, cozy up in your tent on riverside sandy beaches. Breakfasts and lunches are slightly less elaborate—think: cooked-to-order pancakes or omelets in the a.m., and DIY sandwich spreads for lunch—so you can get back to the river sooner. Select dates May-Sept., from \$1,399; oars.com

Haute Hiking

NAPA & SONOMA VALLEYS, CALIFORNIA This 5-day culinary hiking trip with **Backroads** is as much a feast for your stomach as it is for your eyes. At each location, trek the unique terrain, from hilly Oat Hill Mine Route, with a nearly 2,000-foot elevation gain, to serene (and flat) redwood forests. Enjoy picnics of artisan meat, cheese and fruit boards; roasted red pepper, goat cheese and arugula sandwiches on sourdough bread; and blueberry-kale salad. The journey is punctuated by wine and olive oil tastings and cooking classes. A notable stop: the gardens at The French Laundry, Thomas Keller's Yountville restaurant. Each night, rest your head—and weary feet—at premier hotels. May-Oct., from \$3,399; backroads.com

Cycling Smorgasbord

VARIOUS LOCATIONS Inspired by the Italian tradition of eating heartily on long-distance rides, the **Farm to Fork Fondo** pairs countryside views and locally sourced eats with a day-long, 100-mile ride. Don't worry—you can opt to do a shorter distance on these rides. Held in Kentucky, North Carolina, Virginia, Pennsylvania, New York, Massachusetts and Vermont, each event kicks off with a Meet the Farmers feast the night before, and concludes with a farm-fresh dinner. And expect fabulous eats along the ride, too. You might sample mint-chip ice cream made with milk from the cows you just passed, a homemade raspberry bar, and a grass-fed beef empanada. Select dates June-Oct., starting at \$40; farmforkfondo.com



ENTER TO WIN \$15K toward one of these vacations by holding your phone's camera over this smart code. Details on page 102.

Dude Ranch Dining

TEN SLEEP, WYOMING Channel your inner cowpoke at **Red Reflet Ranch**, located at the base of the Bighorn Mountains—without the cliché diet of beef and beans. Instead, the (proverbial) chuck wagon serves up fruits and veggies from the on-site garden, greenhouse and orchard, plus their ranch-raised beef and wild game. Dishes may include pea-&-parsley soup, rosemary-roasted root vegetables, elk Swedish meatballs and tiramisù with fresh berries. Take a class with the chef and you'll bring home new cooking skills, in addition to learning how to rope, ride and fish. Stay in one of the four chalets with vaulted ceilings and views overlooking the ranch and the terra cotta-colored mountains. Year-round, from \$636/night; red-reflet-ranch.net

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More Buzz

Two Hives Honey: This Austin-based company teaches urbanites how its raw honey is made—harvested from small-scale beehives (or micro-apiaries) in the city's outskirts—through hands-on programs. Founder Tara Chapman offers everything from simple hive tours to intensive beekeeping apprenticeships.

Bee Public: Founder Kate Franzman has fielded tons of bee questions from 5,000-plus kids through school programs in Indianapolis. (*How do bees make babies? How often have you been stung?*) Her goal is to show younger generations how bees are connected to our daily lives; she has public hives throughout the city.

The Bee Girl Organization: In Ashland, Oregon, Sarah Red-Laird's nonprofit focuses on getting kids psyched about bees. And she is running a five-year research project on farms to find the best mix of flowers to support bees. She hopes ranchers will plant them on grazing land as low-maintenance, cheap pollinator habitat.

Worker Bees Go Corporate

Meet the woman who's strengthening pollinator populations by bringing bees to the big city

By Sarah Lindenfeld Hall

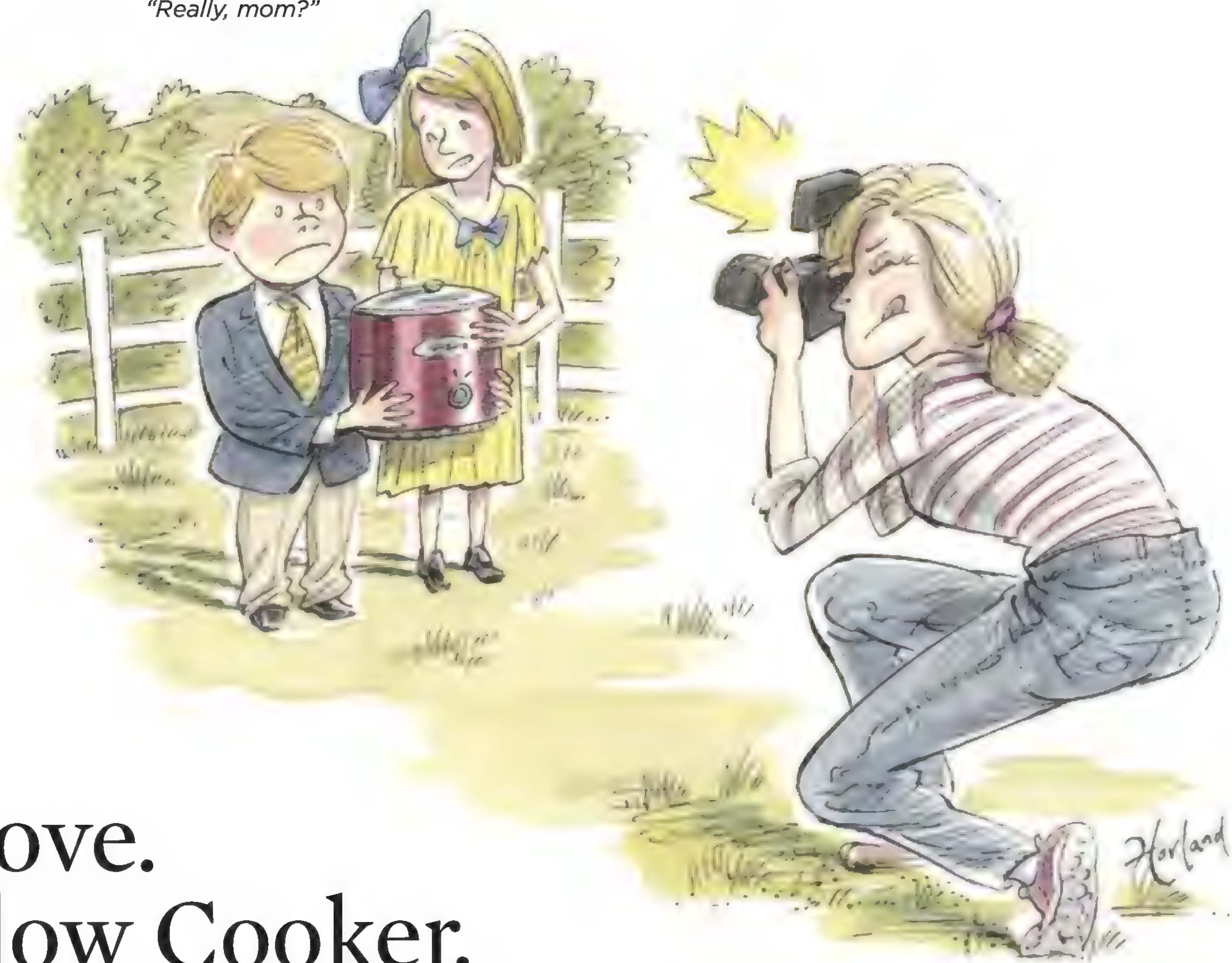
Four generations of beekeepers in Leigh-Kathryn Bonner's family have tended hives the traditional way in rural North Carolina. So she knows: it's not easy being a bee. These insects, responsible for pollinating a third of our food, face multiple threats and a steep decline—from 6 million U.S. hives in the 1940s to 2.5 million today. With a dream to boost bee health, Bonner took her hives out of the countryside and into Atlanta and cities across North Carolina. Bonner's business, Bee Downtown, partners with companies including Delta, AT&T, Georgia Power and Cox Enterprises (*shown here*) to install and manage 200 hives on their corporate campuses.

"Honeybees thrive in urban environments," Bonner says. You might think of cities as concrete jungles, but many offer a surprising diversity of blooming flowers, trees and bushes, especially in the warm-climate locations where she works. Her hives help strengthen bee populations so they can spin off and establish more hives in rural settings. And to spark awareness about the plight of the humble bee, she offers beekeeping classes, hive tours and other programs for employees.

During peak season, her "bees-ness"—as she calls it—cares for about 9 million of these insects that pollinate plants within a 3-mile radius of the hive, helping the ecosystem around them. "Everything they touch, they leave better than how they found it," she says. "We should be doing that in our lives—trying to be like a bee."



"Really, mom?"



My Love. My Slow Cooker.

I possess a deep, deep love for my slow cooker. After coffee, she's my very first thought each Sunday morning, as I groggily sketch out dinner ideas for the week. In the background, video game arguments and shouts of "My turn!" swirl around me. But this girl, my girl, offers nothing but relief and inspiration. She used to reside in the cabinet, but now sits forever and always on the counter where she belongs—nestled between Joe, the aloe plant, and a seemingly always-half-drunk bottle of red. She's family. She's come along for weekend ski trips, and even a few monthlong stays with the in-laws on an island off the coast of Maine (I needed the emotional support). I've hugged her tightly while lumbering toward many a party where she's been my plus-one. I'm at the point where I'm starting to ponder giving her siblings, like a wee one just for dips or a medium-size version for sides or, heavens, dessert! I can already picture them, shoulder-to-shoulder, like my own little band of food-splattered kitchen helpers.

My slow cooker isn't just a means to a meal. She's my muse; my savior. My let-me-take-care-of-everything life ring. You see, before she came to me one glorious Christmas morning, I was consumed by kitchen fear. Dinner was a sad merry-go-round of tacos, pasta and baked chicken breasts smothered in some kind of creamy canned soup. I had the utter inability to make a steak that didn't resemble a snow tire—or tell the difference between translucent, perfectly cooked salmon and the we're-all-getting-salmonella shade. I skipped any recipe that required searing, because: scorching. And barbecuing was out of the question, because, as you know, the grill is the most terrifying appliance there is. (Open flames! Free-flowing flammable gas! Chicken inexplicably transformed into charcoal!)

I also lack whatever genetic allele allows humans to properly time dinner. Invariably I'd wind up throwing apple slices at hungry, impatient children while half the meal kept puttering along and the rest lukewarmed on plates. But then came my dear, dear slow cooker. I quickly learned why she was the star of Pinterest, with billions of recipes all promising ease and flavor and familial bliss. I would simply offer her a hunk of meat, veggies and a smattering of as-instructed spices and—*magic*—dinner was ready on time, every time, making the 6 p.m. version of me infinitely more pleasant. She is the proverbial wind beneath my chicken wings.

While I adore her unpretentious character (High, Low, Warm—simple, humble qualities) it's also comforting to know that she'll always shoulder 100 percent of the blame when Pinterest lies about how tasty a meal will be. She stoically took it when the family literally ejected dinner into their napkins (the 2017 Fish Stew Fiasco) and when no one wanted seconds—let alone firsts—of those peanut-pasta stuffed peppers. Because, well, I didn't do anything wrong. I simply followed the recipe and hit a button.

She's also given me the chutzpah to dip my toes into other, non-slow-cooker cooking realms: frying, sautéing, grilling, braising for crying out loud. Still, she will forever remain my favorite appliance child. The fact that I Googled Slow Cooker Braised Bean and Sausage Ragout right after eating the oven-made version speaks to my unwavering devotion. Surely, she could produce something similar to that heavy, cast-iron pot of deliciousness. Of course she can—she's a Pevzner, dammit! The recipe is on the books for next week.

HOLLY PEVZNER is a health and parenting writer who lives in Brooklyn, New York.

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GOOD LIFE PETS

What Can a DNA Test Actually Reveal About My Dog?

BY ALISON ASHTON

Popular pet DNA tests, such as Wisdom Panel and Embark, promise to identify your mutt's mystery ancestry and flag any concerning genetics—all with a simple swab from inside his cheek. But prices for these tests run as high as \$200. Worth it? Here's what you need to know.

Some tests can screen for up to 160 genetic markers of health conditions, including exercise-induced collapse, bladder stones and a multidrug resistance gene commonly found in herding breeds (such as border collies and German shepherds). Dogs with this mutation can have adverse reactions to certain antibiotics, pain medications and anesthetics—information that can be lifesaving, says Marty Becker, D.V.M., author of *Your Dog: The Owner's Manual*. But the science of canine DNA is still evolving and these tests can only identify known genetic mutations at the time your dog is screened. And even if the results turn up something, it doesn't mean he'll get it. "There's a very big difference between having a mutation and how likely your animal is to develop a disease," says Lisa Moses, V.M.D., a veterinarian at MSPCA-Angell Animal Medical Center and a research scholar at Harvard School of Medicine's Center for Bioethics.

As for IDing your pooch's pedigree, accuracy can vary. DNA tests compare your dog's genetics to a company reference

bank. There are more than 340 known dog breeds in the world, and some companies have nearly all of them in their reference bank, while others don't. "I've seen patients who have different breed determination results from different tests," says Moses. Check the company's website to see how many breeds are on their list.

One surprising and valuable insight that a DNA test can reveal? "You can look at certain breed characteristics and use that information to tailor enrichment activities to be a better pet owner," says Becker. If your pup is part beagle, for example, playing scent-tracking games can engage her inner hound (and also let you know she has a propensity to wander). Or if you find out you have a pug-mix, you'll know he may need more motivation to exercise and to watch out for weight gain, which the breed is known for.

Ultimately, vets disagree on the usefulness of this tool. Some, including Moses, think it's too soon to make decisions based on results from home genetics tests, because a dog's health outcome or personality isn't totally spelled out in his DNA. "I don't want to prejudge a dog on the basis of one of these tests," she says. Others, like Becker, say the more information you and your vet have about your pup, the better. He adds: "Anything we can do to help our dogs live a happy, healthy life we want to do." 🐾



Who Is Foxy Leroux?

Find out if our editor-in-chief's dog is a jack-a-wiener. Hover your phone's camera over this smart code or check out @jessieeatwell on Instagram for the Wisdom Panel results and to enter to win a DNA kit for your own dog. Details on page 102.





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SCIENCE & NUTRITION NEWS TO USE

GOOD HEALTH

Eat Smart, Stay Sharp

Brain food is very real, helping to shape your ability to remember simple things (well, allegedly simple things) like where you put your darn keys, as well as fighting serious memory-related disorders.

Turn the page for four brain-boosting bites (hint hint: you're looking at one).

By Leslie Goldman



Tea is as thirst-quenching as water, and staying hydrated can boost processing power by 30%, says Lisa Mosconi, Ph.D.

SIP TEA Whether green or black, this brew is rich in micronutrients called polyphenols. These compounds can travel into the areas of the brain involved in memory and learning, like the hippocampus. There, they scavenge free radicals, byproducts your body makes that cause brain cells to age faster, says Lisa Mosconi, Ph.D., associate director of the Alzheimer's Prevention Clinic at Weill Cornell Medical College/New York-Presbyterian Hospital.

Researchers in Switzerland reported that brain scans of people who took a green tea extract showed increased connectivity between areas that control working memory (how we actively use and process information). In another study, from the *Journal of Nutrition, Health and Aging*, regular tea drinkers had 50 percent lower odds of developing cognitive decline over the next three to five years than nondrinkers. Plus, Johns Hopkins University research shows that caffeine can help transform short-term memories into long-term ones.

GET MORE VITAMIN D

Women face a heightened risk of cognitive decline with age, in part because estrogen decreases during menopause. This hormone dip is associated with memory fog. Fortunately, vitamin D can exert an estrogen-like effect in the brain, explains Mosconi. That may be why Texas-based researchers found that falling short on vitamin D (as most of us are)

was linked to a 25 percent increased risk of cognitive impairment in older adults. Up your vitamin D with fortified dairy, fatty fish and certain mushrooms, including morel, oyster and maitake. And ask your doctor about a supplement to help you get to the recommended daily 600 to 800 IU (depending on age and gender).

NOSH ON BERRIES Those gorgeous jewel tones found in blueberries, blackberries and raspberries come courtesy of anthocyanins, pigments that pack a serious memory-enhancing punch. Similar to tea's polyphenols, these phytonutrients enter the brain and protect cells from damage. Snacking on ½ cup of berries daily is associated with less cognitive decline over time, according to a study published in *Annals of Neurology*.

SLASH SUGAR Specifically, cut out the added kind—whether you're mixing it in yourself or getting it from foods like baked goods or sweetened drinks. In a study published in *Alzheimer's & Dementia* of more than 3,800 people, those who consumed more sugary beverages not only had poorer recall compared with those who eschewed them, they also showed reduced overall brain volume, especially in the hippocampus. The impact on memory of just one to two sugary drinks daily was equivalent to nearly six years of brain aging. Experts recommend capping your added sugar at 25 grams for women and 36 grams for men.



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The Surprising Truth About Food Safety

NONSTOP NEWS ABOUT RECALLS MAKING YOU NERVOUS? HERE'S WHY YOU DON'T NEED TO FREAK.

BY KAREN ANSEL, M.S., R.D.

Last year saw some high-profile food-safety scares. The Centers for Disease Control and Prevention advised us to toss all of our romaine lettuce thanks to not one but two widespread *E. coli* outbreaks. Cereal and crackers were pulled from store shelves over concerns of *Salmonella*. And cream cheese was recalled for *Listeria*. If it seems like more of our food is being yanked from the shelves than ever, that's because it is: in recent years, we've seen about 676 recalls annually, a big jump from the 304 annual recalls we saw a decade ago. Alarming numbers, for sure. But does that mean our food is less safe?

Short answer: Probably not.

First, consider why recalls are on the upswing. Let's start with the groundbreaking legislation enacted in 2011, endowing the Food and Drug Administration with new authority to issue its own recalls or shut down a company's production operations. Food manufacturers aren't waiting for that to happen. "The culture has changed," says Renee Boyer, Ph.D., a professor of food science and technology at Virginia Tech University. "Most companies are being more proactive than ever to ensure they don't produce items that might cause foodborne illness—and are recalling suspected foods prematurely, before they make anybody sick." Or before the FDA steps in.

And while recalls have increased, the number of reported illnesses has not. Each year, food poisoning strikes one in six Americans. Sounds like a lot, but those numbers haven't really changed for more than a decade. Plus, today's stats are considerably more accurate than past figures. Doctors now have tests that help them diagnose food-related illnesses faster

and more precisely. As a result, cases that would have once gone undetected are now being counted.

It's also important to note that germs like *E. coli* account for less than half (41 percent) of all food recalls. More recalls are now spurred by undeclared allergens than by bad bugs. So while 2017 saw 456 food recalls, 218 of them were prompted by undeclared milk, eggs, fish, shellfish, wheat, soybeans, peanuts and tree nuts. And another 42 were linked to "foreign materials," such as glass, plastic, metal—or in one case, pieces of golf balls—that inadvertently made their way into food products. (Still dangerous for people with food allergies, or as a choking hazard, but not because of illness-causing bacteria.)

One of the biggest reasons our food feels less safe is the massive shift in the way that outbreaks are identified and reported. "Our surveillance systems are quite incredible," says Kali Kniel, Ph.D., a professor of microbial food safety at the University of Delaware. Now, laboratories can connect the dots

between individual cases across multiple states and show that they're part of a larger issue, not isolated incidents. So, today's outbreaks seem bigger, when in reality we just have a more accurate sense of the scale of the problem. This also influences our impression of the situation: an isolated recall might only make local news, but string them together and now you have a coast-to-coast problem and media coverage. "Between TV, radio and the internet, we're getting information from so many more sources than we used to," Boyer adds. "That adds to the perception that foodborne illness is on the rise."

All together, this creates a perfect storm for fear. But the truth is the United States ranks sixth out of 17 developed countries for food safety, according to a report by the Conference Board of Canada (a not-for-profit economic research group). "When you look at all the food that's available to us and how much of it is consumed without illness, our food supply is incredibly safe," says Kniel. That's *because* of all those recalls, not in spite of them.

1.5%
of food recalls
have historically
been caused
by leafy greens,
according to a
2018 USDA study.

Find Your Perfect Workout

No other fitness trend has made the same bang as HIIT—high-intensity interval training. Classes like CrossFit and SoulCycle mix short bursts of all-out activity with a quick recovery breather. But this isn't the only way to get moving. HIIT's low-key cousin LISS, or low-intensity steady-state, is a more relaxed, single-pace workout session you do for longer, like a half-hour jog. "They each have their own benefits, so ideally, you'll try a combo of both," says Pete McCall, an exercise physiologist and spokesperson for the American Council on Exercise. "But ultimately it's about which one you enjoy more and will do." Here, some of the payoffs of each. **By Christine Yu**

HIGH vs. LOW INTENSITY

HIIT

It's efficient.

Both workout styles can help reduce body fat, but you'll see results in less time with high-intensity workouts. In about 10 weeks, HIITers burned as much fat through 90 minutes of total exercise a week compared to those who did LISS and worked out for two and a half hours.

Source: *Obesity Reviews*

It keeps blood sugar in check.

Two weeks of HIIT can improve insulin function (the hormone that regulates blood sugar). LISS helps too, but it'll take about twice as long before you see a benefit.

Source: *Scandinavian Journal of Medicine & Science in Sports*

It improves heart health.

Compared to continuous training, HIIT leads to a more resilient ticker that easily speeds up and winds down based on high or low stress (called heart rate variability), kind of like the automatic transmission in your car. Less variation in heartbeat speed means sticky gears that don't shift well, which may lead to heart disease.

Source: *International Journal of Environmental Research and Public Health*

LISS

It's a slow burn.

LISS burns more calories *during* your workout. Plus, its comfortable pace may mean you can exercise longer.

Source: *Journal of Sports Science and Medicine*

It could help you live longer.

There may be an upper limit to the perks of super-intense workouts. Joggers running about a 12-minute mile had a 78 percent lower risk of premature death, a benefit that sprinters didn't see.

Source: *Journal of the American College of Cardiology*

It's less risky.

Especially if you're in less than tip-top shape. "If you work out too hard, too quickly, your body may not be ready to take on HIIT training," says McCall. "Low-intensity exercise helps prepare your body." (And, he notes, doing more than three HIIT workouts a week—even if your body *is* up for it—could lead to injury.)

You might enjoy it more. Some have a need for speed, but researchers found that previously sedentary adults preferred LISS.

Source: *Journal of Sports Science and Medicine*

BOOST

Just 20 minutes of HIIT revs your metabolism, helping your body burn nearly 200 extra calories after you leave the gym.

Source: *Forbes Medical Care*

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OVER IT!

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Turmeric tonics. Mushroom smoothies. Protein coffee. Functional beverages like these are hot. Globally, we'll spend \$93 billion on them this year. Our take: these drinks are fine as a bonus, but they're not a replacement for a balanced diet. And check the nutrition—we found one 15-oz. bottle that packed 420 calories.

**DIY ELIMINATION DIETS**

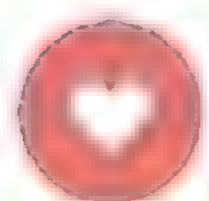
We all know someone who doesn't do gluten or dairy or soy. And for some it's a health necessity. But for anyone considering cutting out an entire category of food, it's important to go about it the right way. Elimination diets are complicated and can have unintended consequences, like nutrient deficiencies, so they're best undertaken with help from your doctor or a dietitian.

**BULLETPROOF COFFEE**

This java calls for up to 2 *tablespoons* of butter. Sure, we know that saturated fat isn't a total devil, but this amounts to 60 percent of your recommended intake for the day and 200-plus calories—before you even sit down for a meal.

Healthy or Hype?

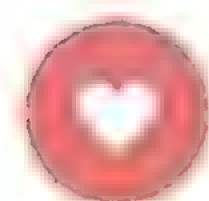
WHEN THE NEW BIG THING IN HEALTH IS, YOU KNOW, *HEALTHY*, WE CELEBRATE. (ALL HAIL, AVOCADO TOAST ON WHOLE-WHEAT BREAD!) ALL TOO OFTEN, HOWEVER, THESE FADS ARE MORE STYLE THAN SUBSTANCE. HERE, A FEW FOOD OBSESSIONS WE'RE LOVING—AND ONES WE WERE DONE WITH YESTERDAY. **BY SUNNY SEA GOLD**

LOVE IT!**FERMENTED FOODS**

Kimchi, kefir, kombucha, yogurt, miso, sourdough—eaters are digging fermented and cultured foods. Consider kombucha: this \$600 million global industry in 2015 is projected to rise to \$1.8 billion in 2020. "Researchers increasingly believe probiotic bacteria in the gut are 'driving the bus' in many areas of physical and even emotional and mental health," says nutritional therapist Jenna Hollenstein, M.S., R.D., author of *Eat to Love*. "Fermented foods help keep these bacteria in balance—I'm a big fan." (Try our favorite yogurts, page 58.)

**PLANT-FORWARD EATING**

We've been veggie-obsessed for years and love that plants are gaining mainstream traction as the star of the plate, with meat taking a supporting role. Nearly 60 percent of adults say they want to eat less meat and more plant protein. "You don't even need to be vegan or vegetarian to get the benefits," says Maya Feller, M.S., R.D., an adjunct professor of nutrition at New York University. Research shows that people who get 70 percent of their protein from plant sources have a lower risk of heart disease and stroke than those with meat-centric diets.

**SPARKLING WATER**

You used to see seltzer only in upscale restaurants. Now, even gas stations carry an ocean of options. Americans drank more than 800 million gallons of the stuff in 2018, almost triple what we sipped 10 years ago. Meanwhile, consumption of sugar-sweetened beverages (including soda) is down 25 percent in the last 20 years. We still love you, plain H₂O, but if bubbly water gets more people to give up soda, we're all for it: swapping your drink for one with no added sugars may help stave off weight gain, diabetes and heart disease.

WHEN YOU JUST DON'T HAVE TIME

GOOD. FOOD. FAST.

Greek, Icelandic, French and more! The yogurt aisle is exploding with options. We put our tastes to the test on more than 30 varieties—turn for our favorites.

By Joyce Hendley

Find Your Sweet Spot

We love plain yogurt—full-fat or no-fat, Greek or regular—it’s the perfect base to flavor however you like while giving you control over added sugars (see how the numbers stack up in the chart below). But we get it, flavored yogurts in single-serve cups are mega-convenient. Here’s what to consider as you navigate the coolers.

Stealth Owl (Added) Sugar

Even plain cow’s milk yogurt will never be sugar-free since it contains lactose, a naturally occurring sugar (about 8 to 10 grams per single-serve container of low-fat yogurt and 5g to 6g for Greek). Flavored yogurts have even more natural sugar from fruit, plus added sugar. To estimate added sugar, compare the total sugars with those in the same serving size of a similar plain yogurt. Aim to keep added sugars under 6g.

Get Smart About Sweeteners

Many “light” yogurts contain sugar substitutes, including natural ones like stevia and monkfruit and artificial ones like aspartame and sucralose to keep calories, carbs and sugars low. As for natural sugar, whether it’s maple syrup, honey or plain ol’ sugar, your body treats them the same.

Go Big on Protein + Calcium

Yogurt is a good source of both, but amounts vary by type. For the biggest protein punch, choose Greek and Icelandic styles. These are higher because the lower-protein whey is strained out, leaving the high-protein solids behind. The trade-off: Strained yogurts are usually lower in calcium. So if you want more calcium, traditional yogurts are your best bets; you’ll easily find brands delivering 20 percent of the recommended daily value.

Flavoring Fat

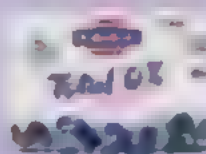
Research has found that, contrary to conventional wisdom, opting for full-fat dairy does not increase risk of obesity and heart disease. But, if you’re calorie conscious, dig in mindfully, since more fat also means more calories.

EDITORS’ PICKS

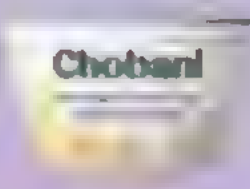
What We’re Eating



Stonyfield Organic Low-Fat, Raspberry We love the smooth texture of this lightly sweet yogurt that tastes like fresh fruit.



Fage Total 0%, Blueberry Real bits of fruit stud the jammy blueberry stirred into thick Greek yogurt.



Chobani Less Sugar Greek Yogurt, Alphonso Mango Just a touch of sugar makes the flavors of this creamy strained yogurt pop.



Oul by Yoplait, Strawberry This custard-like French yogurt is delicious enough to eat as dessert and the glass pot makes us feel fancy.



Siggi No Added Sugar Peach & Mango The fruit-packed skyr (Icelandic strained yogurt) is sweetened with just that—fruit.

YOGURT: By the Numbers

With so many yogurt options, you can find a style to fit any health goal. Here’s an averaged snapshot of the different varieties so you can pick the one that’s right for you. Numbers will vary by brand.

TYPE	CALORIES	PROTEIN (g)	CALCIUM (DV)
GREEK NONFAT PLAIN (8 oz.)	135	23	25%
GREEK WHOLE-MILK PLAIN (8 oz.)	220	20	25%
TRADITIONAL NONFAT PLAIN (8 oz.)	125	13	45%
TRADITIONAL WHOLE-MILK PLAIN (8 oz.)	140	8	30%
FLAVORED LOW-FAT SINGLE-SERVE CUP (5.3 oz.)	150	6	20%

6 ways to Dress Up Plain Yogurt

Like a little black dress, yogurt goes with just about anything, sweet or savory. So bust out of your yogurt-plus-fruit-plus-granola rut. Here are six tasty ways to shake up your a.m. yogurt routine, plain and simple. Each makes one serving and starts with 1 cup of your favorite plain yogurt.

Ginger-Apple

Stir in 1 grated medium apple, 1 Tbsp. minced crystallized ginger and 1 tsp. chia seeds.

Golden Milk

Stir 2 tsp. melted coconut oil with ¼ tsp. each ground turmeric, ginger and cinnamon into the yogurt with 2 Tbsp. each shredded unsweetened coconut and dried cranberries.

Savory Pumpkin

Stir in 2 Tbsp. pumpkin puree, 1 Tbsp. melted butter, 1 tsp. chia seeds and a pinch of dried sage until smooth. Sprinkle with Parmesan and pepper.

Choco-Nut Crunch

Stir in 1 Tbsp. of your favorite nut butter (we like almond) and 1 Tbsp. each dried cherries and dark chocolate chips. Crumble in a sesame rice cake.

Cucumber Cooler

Top with half a diced small cucumber, a sprinkle of lemon zest and juice, and a pinch each of salt and mint.

Sweet Beet

Stir in ½ cup chopped cooked beets and 1 Tbsp. raspberry jam. Sprinkle with chopped almonds.



Anti-Hangry Emergency Snack Kit

THAT FRUSTRATION AIMED at your colleague after you worked through your lunch hour? The road rage you felt when you got stuck in traffic past dinnertime? You know too well what getting hangry feels like. Don't get caught empty-handed with an empty stomach: pack an "always-with-you" kit full of satisfying, shelf-stable snacks.



**Ak-Mak
Sesame Crackers**
110 CAL / 5 crackers

If “100 percent whole wheat” makes you think “cardboard,” think again. These crisp, filling crackers have the perfect amount of olive oil, honey and sesame seed crunch to banish all blandness. Plus they have 3 grams of fiber, and only 220 mg of sodium.

Kind Protein Bars
250 CAL / 1.8 oz.

The bars with it all: a simple ingredient list, chewy-crunchiness, 12 grams of filling protein and tasty combos like White Chocolate Cinnamon Almond and Toasted Caramel Nut. At 250 calories each and 5 grams fiber, they’re a snack with substance. And they’re darn delicious.

**Crunchsters
Sprouted Protein
Snacks**
180-190 CAL

Tasty, crunchy snacks made from the same protein-rich mung beans often sold as sprouts. With fun flavors like Smoky Balsamic and Beyond Bacon, they deliver 7 grams of protein with less than 200 mg sodium.

**Primal Strips
Vegan Jerky**
74-108 CAL / 1-oz.

For eons, travelers needing sustenance have turned to jerky made from meat—but today’s plant-based versions are just as satisfying, and kinder to the planet. Here, seitan, soy and/or mushrooms deliver great umami flavor and appealing chew.

**Made in Nature
Dried Fruit**
80-130 CAL / ¼ cup

Fiber- and anti-oxidant-packed, dried fruits are a snacking staple. The organic bananas, mangoes and tart goldenberries (ground cherries) have nothing added. (The one exception: dried cranberries, sweetened with organic apple juice.)

MAREN CARUSO; STYLING: ALICIA DEAL (FOOD)

YOU & ALMONDS VS.

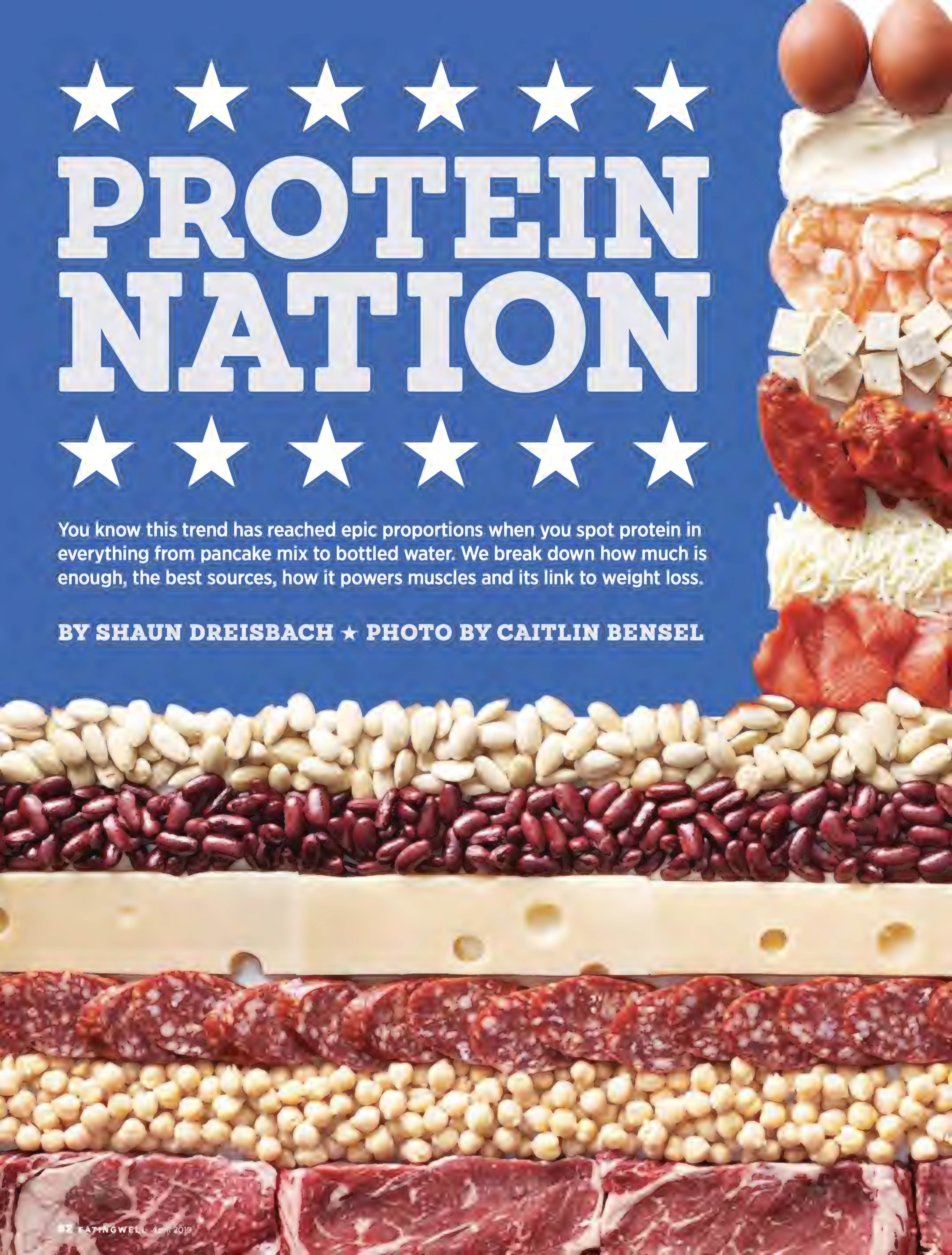
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★ ★ ★ ★ ★ PROTEIN NATION ★ ★ ★ ★ ★

You know this trend has reached epic proportions when you spot protein in everything from pancake mix to bottled water. We break down how much is enough, the best sources, how it powers muscles and its link to weight loss.

BY SHAUN DREISBACH ★ PHOTO BY CAITLIN BENSEL





It's the current darling among nutrients. Everyone wants it. Needs it. Can't get enough of it. We're talking, of course, about protein.

Nearly two-thirds of Americans are trying to consume more of the stuff—up significantly from just five years ago, according to an International Food Information Council survey. And are we ever: the U.S. Department of Agriculture estimates we ate a record amount of red meat and poultry—a whopping 222 pounds per person—in 2018, close to downing a 10-ounce steak every day. Egg and dairy intake also hit an all-time high. (And that's just to name a few protein sources.)

Our collective preoccupation has now reached obsession-level status, in part because it has so many factors driving it. The high-protein diet craze (think paleo, keto, Whole30) has people eschewing foods like root veggies and pasta in favor of All The Meats. The rise of high-intensity workouts is spurring CrossFitters and Tough Mudders to seek out extra protein to rebuild their spent muscles. Then there's our (unfortunate) continued cultural malaise with carbs and shaky relationship with fat—so, honestly, what else can a person eat? “There are only three macronutrients: carbs, fat and protein. Carbohydrates and fat have come under criticism. That leaves protein as the only one that seems OK. And Americans often believe that if something is

good, more is better,” says Marion Nestle, Ph.D., M.P.H., Paulette Goddard professor emerita of nutrition, food studies and public health at New York University and *EatingWell* advisory board member. Plus, everyone knows that protein makes you feel fuller longer, which must make it some sort of weight-loss miracle, right?

See? *Darling.*

All of which helps explain why 21 percent of adults believe they're protein deficient. Even many nutritionists and researchers insist we're not getting enough—and that the recommended daily allowance (RDA) is too low because it represents the minimum amount required for good health. It calls for 0.36 gram of protein per pound of body weight daily, which works out to be around 46 grams for what's considered the average woman and 56 grams for men—or roughly 10 percent of your daily calories.

It's true that protein is no nutritional slouch. It is vital for pretty much every cellular function—transporting oxygen through our body, making antibodies that bolster our immune system, forming not just muscles, but also our skin, hair, blood and organs, and creating hormones responsible for things like insulin regulation. And because our bodies don't store protein like they do fat and carbs, we need a steady stream of it from our diet. But how much do we truly need—for weight loss, strong muscles or just to keep our bodies humming happily along? Here, we sort it all out for you, including what a healthy daily dose looks like and the best ways to get it.



MYTH OR FACT?

“Complete proteins” are best.

That's a myth. Proteins are made up of amino acids—20 of them total, each with specific, important functions. Some (called non-essential amino acids) your body can make on its own, but there are nine essential amino acids that it can't—and these must be consumed through your diet. Complete proteins are foods that contain all nine of those essential amino acids, including animal proteins, like fish, poultry, eggs and dairy—although there are some vegetarian sources, including soy, quinoa and chia seeds, that do too. For a long time, most plant proteins were considered inferior because they weren't “complete.” “But now we know that as long as you eat a varied diet, it doesn't really matter,” says Isabel Maples, M.Ed., R.D.N., a spokesperson for the Academy of Nutrition and Dietetics. “Your body will join essential amino acids from one meal with those from another to get the amount it needs.”



Your Muscles on Protein

They're literally made from the stuff. Protein is also key for maintaining healthy connective tissue—ligaments, tendons, cartilage—and your bones, which are (surprise) up to 50 percent protein. Being the pivotal player that it is, here's what you should know if:

YOU'RE OVER 40 The hormonal changes that can lead to age-related muscle loss—called sarcopenia—begin around this time. In fact, if unchecked, muscle mass naturally declines 3 to 8 percent per decade. “It becomes harder for muscles to synthesize protein as well as they used to, so your needs tend to be higher,” says D. Travis Thomas, Ph.D., R.D.N., C.S.S.D., an associate professor of clinical and sports

nutrition at the University of Kentucky. How much higher isn't totally clear, and experts point out that strength training is still the best way to preserve muscle. But a review of studies published in the *American Journal of Clinical Nutrition* found that 0.45 to 0.68 gram of protein per pound of body weight a day helped maintain more lean muscle among older populations.

YOU EXERCISE A LOT A growing body of research suggests regularly active folks may need more protein than the average Jane—around 0.54 to 0.9 gram per pound of body weight daily—to help repair, build and support muscle, says Thomas, who helped draft the Academy of Nutrition and Dietetics and American College of Sports Medicine's joint guidelines on nutrition and athletic performance. Who qualifies as “active”? Some experts limit it to elite athletes. “But I define it more widely—as anyone who is committed to an exercise program, trains multiple times a week and has a goal for performance or health,” he says. The range Thomas and his colleagues settled on is deliberately broad: if you jog four days a week you'd likely need the lower amount; if you're training for Tokyo 2020, you'd shoot for the high side. That said, if you eat more protein than you need it won't turn into lean muscle mass; it will be converted to body fat (just like overdoing anything). So balance is key.

YOU SHIMP ON PROTEIN AT BREAKFAST Most of us do. Nothing wrong with fruit and toast, but studies suggest that muscles respond better to protein when fed a good dose of it divided equally among meals every three to four hours, notes Thomas. If you need 60 grams a day, for example, aiming for 20 each at breakfast, lunch and dinner is better than nibbling only a little early in the day and having a mega meatball sub at 7 p.m.

YOU'RE CURIOUS ABOUT SUPPLEMENTS

Even if you're active, slugging protein shakes would likely be overkill—since most Americans are already getting well above the RDA, says Maples. One exception: elderly people who may have a hard time chewing their protein.



MYTH OR FACT?

Animal protein is easier to digest than foods like beans. Plus, beans contain harmful lectins.

Yes and no. Your body does break down and use the amino acids from animal proteins more readily than those from plant sources. But that doesn't necessarily make them better. Beans have other things going for them, like fiber, potassium and magnesium—all nutrients Americans don't get enough of. You can also relax about the whole lectin thing. Here's the deal: Lectins are a specific group of proteins found in a slew of foods, but beans and other legumes happen to have higher amounts of them. They can potentially interfere with carb digestion, causing gastrointestinal issues, and promote inflammation in the body—thus all the internet hullabaloo about these so-called “antinutrients.” But lectins are only problematic when beans are eaten raw or undercooked, and even then the science is iffy, says Maples. (Plus, when was the last time you ate a pile of uncooked lentils or black beans? *Exactly.*) And more recent research suggests lectins may actually be beneficial—feeding your good gut bacteria and fending off harmful bacteria and viruses.



MYTH OR FACT?

It's tough to get enough B₁₂ and iron if all of your protein comes from plants.

True-ish. “B₁₂ is an issue because animals are the only dietary sources of the vitamin. So that's one case where if you're vegan—and not having eggs or dairy, which are rich in B₁₂—it's worth taking a supplement,” says Maples. Iron is much less of a concern. “Even though the type of iron in plants like beans, legumes and whole grains isn't as absorbable as the kind in meat, you can improve that by pairing a food containing vitamin C with a nonanimal protein,” she adds. Think: black beans with tomatoes and bell peppers. A tasty way to get your dose.

WHAT YOUR DAILY PROTEIN NEEDS REALLY LOOK LIKE

Truth-bomb incoming: despite the widespread perception that we need more protein, the vast majority of us don't. Not even close. According to Centers for Disease Control and Prevention data, the average woman gets more than 70 grams a day, while men consume more than 100 grams—both well above the RDA of 46 and 56 grams, respectively. And you don't have to eat a whole rotisserie chicken to get that much. It's likely a lot less than you think. Check out what you need to hit the RDA (based on the average adult female), along with how much you stand to get from the common portions Americans eat. Both are based on a 2,000-calorie daily diet.



BREAKFAST • 16g

½ cup whole-milk plain Greek yogurt (with 1 Tbsp. honey) 12g
½ cup granola 3g
1 cup strawberries 1g

HOW TO HIT THE RDA OF PROTEIN 46 GRAMS



LUNCH • 7g

2 cups butternut squash soup 4g
3 Tbsp. sour cream (for soup) 1g
1 whole-wheat roll (with 1 Tbsp. butter) 2g



HOW TO EASILY BUST OVER 100 GRAMS A DAY 146 GRAMS



BREAKFAST • 24g

2 eggs 13g
Whole-wheat English muffin 6g
1 link turkey sausage 4g
1 medium banana 1g



LUNCH • 34g

Sandwich with:
2 slices Cheddar 14g
3 oz. turkey 11g
2 slices whole-wheat bread 7g
1 cup baked potato chips 2g



Is the RDA Too Low?

Our recommended daily allowances were decided by a panel of scientists at the Institute of Medicine (IOM) and represent the average amount needed to meet the nutrient requirements of nearly all (97 to 98 percent of) healthy people. Some experts argue that the RDA for protein—which was set more than 70 years ago in a galaxy far, far away—is outdated. “There’s a small but vocal group who think something higher would be optimal,” says *EatingWell* advisory board member Richard Mattes, Ph.D., M.P.H., R.D., a distinguished professor of nutrition science at Purdue University. “Which isn’t to say these people are a fringe element. They are very good researchers that just hold a different belief. These are reasoned opinions.” While the exact optimal daily

amount varies from study to study, it’s generally between 0.45 and 0.9 gram per pound of body weight—or roughly double the RDA. (For the record, there’s no established upper limit—an amount beyond which isn’t considered safe—for protein.)

Proponents argue that because people’s protein needs can vary greatly depending on factors like gender, age, weight and activity level, the current acceptable macronutrient distribution range (or AMDR, also set by the IOM) may be a better benchmark. It suggests a range of protein from 10 to 35 percent of daily calories—the higher end of which aligns with the amount many in the up-with-extra-protein camp recommend.

But Mattes and most of the experts we spoke with say that the



SNACK • 5g

1 apple 1g
1 Tbsp. peanut butter 4g



DINNER • 16g

½ cup whole-wheat pasta 6g
1 oz. sausage 5g
¾ cup marinara sauce 3g
1 cup green beans (with 2 Tbsp. olive oil) 2g



DESSERT • 2g

½ cup vanilla ice cream 2g

82 GRAMS

That's the amount of protein the **average vegan** gets each day. So no, in case you were wondering, it's not hard to get enough of the stuff if you only eat plant-based foods.



SNACK • 9g

1 oz. goat cheese 6g
1 oz. whole-wheat crackers 3g



DINNER • 77g

8 oz. sirloin steak 67g
3 cups salad greens 3g with 1 oz. feta cheese 5g
3 Tbsp. balsamic dressing
1 whole-wheat dinner roll 2g



DESSERT • 2g

½ cup vanilla ice cream 2g



RDA is just fine as is—and point out that most of us are getting way more protein than we need, anyway. “This focus on protein is one of the more overhyped misunderstandings in nutrition right now,” says Dariush Mozaffarian, M.D., M.P.H., Dr.Ph.D., dean of the Friedman School of Nutrition Science and Policy at Tufts University. “Protein deficiency is almost nonexistent in the United States. And multiple systematic reviews over the last several years have all come to the conclusion that the minimum requirements for protein are reasonable. Having extra helps for building muscle mass. Other than that there’s really no consistent evidence of any health benefit to eating more of it.”

The concern he and others *do* have (and a solid argument for

leaving the RDA as is)? That fixating on protein could seriously throw your diet out of balance. General nutrition wisdom holds that if you eat a ton of one thing, you’re bound to crowd out other foods. In the case of protein, amping it up may mean skipping things like fiber-rich whole grains or phytonutrient-packed fruits and veggies. “That’s really at the heart of it,” says Mattes. “When you take one particular nutrient to an extreme, this by definition means there will be compromised intake of other important nutrients. Otherwise, calories overall go up.” Not exactly the healthy diet you were going for, huh?

So don’t stress about getting more protein in your life. Odds are you’re already eating plenty.

lamb & goat

soy

corn

beef

dairy

pork

wheat

poultry

nuts

eggs

rice

fish

**beans+
lentils**

PROTEIN'S CARBON FOOTPRINT

These circles show the relative amount of greenhouse gas emissions per gram of protein tied to the production of each of these foods. We'd never suggest you give up your turkey burgers or beef chili. (Heck, there are all sorts of nonveg recipes in this issue.) But this does make a good case for weaving in more meatless meals. It's a win for your health and the environment. For more details visit: wri.org/proteinscorecard



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The Skinny on Protein & Weight Loss

Is it a magic pound-shedding bullet? No. (And remember: *anything* in caloric excess will have the opposite effect.) But protein does have benefits that could give you an edge in reaching your weight goals.

IT KEEPS YOU FULL LONGER There's good evidence that protein is more satiating than either carbs or fat—so if you have a healthy dose of protein you're apt to eat less food overall and lose weight. Some research suggests that protein tamps down levels of the hunger hormone ghrelin for up to 4 hours after a meal and favorably alters levels of other appetite-related hormones, as well.

IT GIVES YOU A METABOLIC BUMP Protein requires as much as 30 times more energy for your body to break down than carbs or fat. "It's not a massive number, but could easily account for 100 extra calories burned a day," says Donald Layman, Ph.D., professor emeritus of food science and human nutrition at the University of Illinois at Urbana-Champaign. Consider it weight-loss bonus points.

IT CAN HELP YOU DROP MORE BODY FAT A recent review of studies published in the journal *Frontiers in Endocrinology* found that when cutting calories, keeping your protein intake up to at least the RDA can help you lose a higher percentage of body fat, while preserving lean muscle mass.

ADDING EXERCISE TO THE MIX GETS EVEN BETTER RESULTS. "Protein and exercise are synergistic—they

each make the other one better because both stimulate muscle and energy expenditure, although they do it in different ways," says Layman. A weight-loss trial he conducted put overweight women on either a reduced-calorie high-protein diet (30 percent of their daily calories) or a lower-protein regimen (15 percent of daily calories) and looked at how regular exercise impacted their results. Half of each group walked five times a week and strength trained two days for 30 minutes per session; the other half did not work out. All the groups lost a significant amount of weight, but the participants who exercised lost almost no lean muscle mass—meaning the pounds they dropped were almost entirely body fat—while the subjects who didn't work out lost an average of 6 pounds' worth of muscle.

MORE ISN'T NECESSARILY BETTER Some high-protein diets claim that curbing carbs and amping protein intake *waaay* up is the key to shedding pounds—and fast. However, a review of studies by researchers at the Harvard School of Public Health found that the majority of trials looking at weight loss found no real difference between people consuming tons of the stuff—upward of 30 percent of total daily calories—versus those on lower-protein diets more in line with the RDA. (Regular exercisers, our experts note, may be one exception.)

GET YOUR 10 GRAMS HERE

Foods like chicken are obvious high-protein sources. But exactly how much do vegetarian choices bring to the table? Each of these foods gives you around 10 grams, about 20 percent of your daily needs.

	AMOUNT	CALORIES
Almonds (about 34)	1.5 oz.	240
Black beans, cooked	$\frac{2}{3}$ cup	135
Chia seeds	4 Tbsp.	275
Chickpeas, cooked	$\frac{2}{3}$ cup	175
Edamame, shelled	$\frac{2}{3}$ cup	125
Hemp seeds	3 Tbsp.	165
Lentils, cooked	$\frac{2}{3}$ cup	150
Lima beans	$\frac{3}{4}$ cup	160
Peanut butter	3 Tbsp.	285
Peas	$1\frac{1}{4}$ cups	170
Quinoa, cooked	$1\frac{1}{4}$ cups	280
Seitan	2 oz.	65
Spinach, cooked	2 cups	80
Tofu	3 oz.	125
Wild rice, cooked	$1\frac{1}{2}$ cups	250



MYTH OR FACT?

Processed meat is as bad as smoking cigarettes.

The truth isn't quite as sensational as the headlines. "The World Health Organization concluded that processed meats are a class one carcinogen with the same consistency of evidence as tobacco. That doesn't mean they both have the same level of risk, though," explains Mozaffarian. For example, according to the Centers for Disease Control and Prevention, eating 50 grams of processed meat a day (about 1 hot dog) ups the odds for colorectal cancer by 18 percent—while smoking cigarettes raises lung cancer risk by 1,500 to 3,000 percent. And let's put that in perspective. The average risk of developing colorectal cancer over a lifetime is 5 percent. Multiply that 5 percent baseline risk by 18 percent and you get just an added 0.9 percent, for an overall risk of 5.9. As long as you keep the amount you eat reasonable, there's no need to nail-bite about it.



MYTH OR FACT?

Plant-based sources of protein are healthier than animal sources.

This one's sort of true—but stay with us for a minute here. "If you look at observational studies, people who eat more animal protein tend to have a higher risk for some diseases, such as cancer, diabetes, stroke and heart disease, and those who eat more plant protein have lower odds," says Mozaffarian. "But all of those studies conclude that the difference is very likely due to the other good-for-you compounds in plants, rather than animal sources being bad for you—with the exception of processed meats." In other words, it doesn't have to do with the protein. Amino acids are amino acids, whether you get them in chicken or lentil form. The edge that veg sources have appears to be due to things like antioxidants and fiber that animal sources lack. So a balance of both types is fine. 🌱

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TEX FRESH

Brenton Johnson may not have set out to inspire and delight the cooks of Austin. But that's just what happened when his sideline hobby of growing vegetables mushroomed into Johnson's Backyard Garden.

BY
**LUCY M.
CASALE**

RECIPES BY
**PAULA
FORBES**

LOCATION
PHOTOGRAPHY BY
**RICK
CORTEZ**

FOOD
PHOTOGRAPHY BY
**RYAN
LIEBE**

B

BRENTON JOHNSON hops across a tractor-tire-rutted path to greet me, his boots squelching in the thick, wet mud. It's 10 a.m. on a Monday morning in Garfield, Texas—20 miles east of Austin—and I'm at Johnson's Backyard Garden (JBG), his 200-acre certified-organic vegetable farm. Wearing jeans, a pressed blue shirt and a green trucker hat, the legendary farmer eyes my dirt-caked shoes, then offers me an apologetic smile and a pair of spare boots. "Pardon the Mud," a hand-drawn sign behind him explains.

I'm here for a farm tour. But more than that, I've come to see firsthand why JBG has developed such a cult following. The farm grows over 200 types of produce year-round, and is one of the largest certified organic vegetable producers in the state. It also boasts a weekly community supported agriculture (CSA) program that's 1,000 members strong and sells its produce at 15 weekly farmers' markets throughout Texas—a state with fewer farmers' markets per capita than any other in the country. And JBG rolls deep, with a roster of clients including the Austin School District, Whole Foods and 150 area-restaurant chefs.

Pivoting in my borrowed boots, I take it all in. Neat green rows stretch endlessly in every direction. A tractor ambles along broccoli beds and field workers chitchat as

they hand-pull weeds from between purple daikon, scarlet turnip and radicchio plants. It's beyond impressive. But what's even more impressive is that all of this started 14 years ago—as Johnson's actual backyard garden.

"It was just a hobby," he says of the 30-by-50-foot plot he dug behind his old East Austin home; a place to putter around outside of his day-job as a government agricultural engineer. But what started as a spot to grow his favorite veggies from his childhood in Alabama—like collard greens, sweet potatoes and turnips—quickly expanded. He added herbs. He planted rutabagas and butter beans, plums, limes and oranges, peas and peppers, loquats and persimmons. He grew 17 varieties of grapes on the garden fence. Soon his hobby overtook the entire backyard. When the harvest came in that first summer, Johnson recalls stepping back, shocked. "I thought, man, there is no way my family can eat this much!"

As Johnson leads me through a neat row of greenhouses bursting with lettuces, leeks and onions ready for transplanting, he reflects on how that passion for growing produce—and the sudden overabundance—led him to become an accidental farmer. One weekend, walking through the farmers' market in Austin, he had an idea. He ran home, harvested armloads of veggies, then set up a makeshift shop at the market on a folding



"Brenton's a celebrity in Austin," says Edwin Marty, food policy manager for the City of Austin. One look at that gorgeous box of veggies Johnson is holding (next to his dog, Roxy) and you can see why.



ROASTED ROOTS
WITH CHIPOTLE-HONEY
BARBECUE SAUCE

SNAP PEA
AND RADISH SLAW

NEW POTATO SALAD
WITH SPRING ONIONS



VEG-SPARATION

Johnson's Backyard Garden's CSA program is obsession-worthy for a number of reasons. First, they offer variety—not just with their produce, but in their four share-size options (individual to large). And unlike most CSAs, members can go online and customize their order based on that week's pickings. But as non-locals who can't enjoy JBG's produce, what *EatingWell* can't get enough of are the stunning photos of the CSA boxes they post on Instagram (follow them @jbg organic). Good enough to eat!

table lugged from home. He sold every last vegetable. "People were saying, 'This is awesome, Where's your farm?'" he laughs. "And I was like, 'It's a mile down the road—in my backyard!'" He returned every Saturday that year, building up a loyal following of Austinites who were delighted by his diverse bounty and unusual story. "Besides great basics—peppers, tomatoes, greens, potatoes—Brenton always has extra-special surprises: gorgeous heads of purple or green cauliflower, super-fresh stems of lemongrass or an intriguing vegetable I've never seen before," says JBG devotee Lynn Boswell. "It gives me a reason to try something new in the kitchen."

The following summer, in addition to his regular spot at the farmers' market, Johnson invited his 10 best customers to sign on for a weekly CSA. By now, every square inch of his property was in production: cucumbers crawled along the side yards, tomatoes sprouted in front of the house and okra bloomed at the foot of the lawn between his picket fence and the sidewalk. His kids ran out of play space. "They just had a small tire swing, where I would push them out over the garden," says Johnson. So when he spotted 20 acres of land for sale nearby, he bought the property.

Like most things under Johnson's green

thumb, the CSA flourished. By 2007, more than 100 people had joined, and he quit his engineering job to become a full-time farmer. In 2011, a member's investment helped him expand the farm to what it is today, and JBG's fan club continues to grow. "I've come to think of the seasons in terms of JBG's vegetables," says CSA member Joanna Wright. "There is nothing better than a salad of his buttery lettuce, crazily sweet carrots and spicy, colorful radishes." Adds Marian Schwartz, another JBG groupie: "I have been a member from the days when we picked up our box at Brenton's house. I'd barely ever eaten okra before these boxes, and now I love okra season. I've learned to caramelize fennel and onions for pizza and make batches of whatever-herb-comes-in-the-box pesto."

Our tour over, Johnson offers me a lift back to Austin in his mud-splattered truck. As we idle into downtown, he asks if I'd like to swing by and see his old garden. Of course I would. We pull up outside a white 1920s bungalow with a surprisingly tiny patch of backyard, now covered with grass. I can't believe the vast, vigorous farm we just left all started with this. As I hand back my boots, Johnson's phone rings. Business calls from on the farm—where he still has a lot more growing to do.

INSET: SCOTT DAVID GORDON



CSA member Haydon Hatcher poses with part of her weekly CSA share.



BEET KOLACHES

ACTIVE: 45 min **TOTAL:** 3 hrs

TO MAKE AHEAD: Store in an airtight container for up to 1 day. **EQUIPMENT:** Stand mixer with paddle attachment & dough hook
Texan kolaches came from the state's Czech immigrants; a soft dough surrounds a sweet filling, eaten for breakfast or as a treat with coffee. The beet-vanilla filling is a springtime twist on classic flavors like strawberry or poppy seed; the posipka (crumble topping) is made with goat cheese.

- 1 cup low-fat milk, warmed to 110°F**
- 1 package active dry yeast (about 2¼ teaspoons)**
- 3 tablespoons granulated sugar plus ½ cup, divided**
- 8 tablespoons (1 stick) unsalted butter, at room temperature, divided**
- ¾ teaspoon salt, divided**
- 3 large eggs, divided**
- 2½ cups bread flour**
- 1 cup white whole-wheat flour plus 3 tablespoons, divided**
- 4 ounces golden and/or red beets (about 2 small)**
- 1 teaspoon vanilla extract**
- 2 tablespoons light brown sugar**
- 2 tablespoons crumbled goat cheese**
- 1 tablespoon water**

- 1.** Preheat oven to 375°F.
- 2.** Pour milk into a medium bowl and sprinkle with yeast and 1 tablespoon granulated sugar; stir to combine. Set aside until bubbles appear on the surface, about 10 minutes.
- 3.** Cream 7 tablespoons butter, ½ cup granulated sugar and ½ teaspoon salt in a stand mixer fitted with the paddle attachment until light and fluffy, about 3 minutes. Scrape down the sides. Add 1 egg and the yeast mixture. Mix on low speed until just combined, about 30 seconds.
- 4.** Swap the paddle for the dough hook. With the mixer on medium-low, add bread flour, ½

cup at a time, until the mixture begins to come together. Gradually add 1 cup whole-wheat flour, scraping down the sides as needed, just until the dough starts to pull away from the sides. (The dough will be sticky.) Knead on medium-low until smooth and slightly shiny, about 10 minutes. Shape the dough into a ball and place in a lightly greased large bowl. Cover with a clean towel and let rise in a warm place for 1 hour.

5. Meanwhile, wrap beets in foil and roast in a small baking pan until tender when pierced with a knife, 40 to 50 minutes. Unwrap and let cool. Peel the beets and cut into large chunks. Transfer to a food processor and add the remaining 2 tablespoons granulated sugar, the remaining 2 egg yolks (reserve the whites), vanilla and ⅛ teaspoon salt. Pulse a couple times until combined. Set aside.

6. Mix the remaining 1 tablespoon butter, 3 tablespoons whole-wheat flour and ⅛ teaspoon salt in a small bowl with brown sugar and goat cheese until crumbly. Set aside.

7. Punch down the dough and divide into 12 equal pieces. Roll each piece into a ball and place them, equally spaced, in a greased 9-by-13-inch baking dish. Cover and let rise until the balls are touching, about 30 minutes.

8. Whisk the reserved egg whites with water in a small bowl. Brush the dough with the mixture. Using your index fingers and thumbs, start in the center of a dough ball and press outward to form a 1-inch deep rectangular bowl about 2 inches long. Fill with 2 teaspoons of the reserved beet filling. Repeat with the remaining dough balls and filling. Sprinkle the filling with the reserved goat cheese mixture.

9. Bake the kolaches until golden, about 20 minutes. Let cool on a wire rack for at least 15 minutes before serving.

SERVES 12: 1 kolache each

CAL 297 / **FAT** 10G (SAT 6G) / **CHOL** 69MG / **CARBS** 45G / **TOTAL SUGARS** 15G (ADDED 14G) / **PROTEIN** 7G / **FIBER** 2G / **SODIUM** 177MG / **POTASSIUM** 118MG.

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GROWING IT FORWARD

Brenton Johnson is not just famous for creating a virtual Garden of Eden in his backyard—he's also known for helping other farmers get their start. His nonprofit, Farmshare Austin, trains aspiring organic farmers in all aspects of vegetable production from seed to sale on a 10-acre parcel of JBG's land. "If you ask a lot of the farmers that started in the last 10 years who they model their business after or sought counsel from, it's Brenton," says Alex Canepa of Austin's Sustainable Food Center, whose job it is to help farmers find new markets for their products.



BACON AND EGG BREAKFAST TACOS

ACTIVE: 35 min **TOTAL:** 1 hr 35 min

TO MAKE AHEAD: Refrigerate salsa (Steps 1-3) for up to 3 days.

Breakfast tacos are quintessential morning eats in Austin. The smoky, earthy ancho chile salsa is what makes these extra-special.

- 2 dried ancho chiles (about 1 ounce)**
- 2½ cups boiling water**
- 8 ounces scallions, trimmed, plus more for garnish**
- 2 tablespoons lime juice**
- ½ teaspoon salt, divided**
- ½ teaspoon ground pepper, divided**
- 6 large eggs**
- 3 slices thick-cut bacon, chopped**
- ¾ cup shredded cheese, such as Monterey Jack**
- 6 corn or flour tortillas, warmed**
- Shredded red cabbage & lime wedges for serving**

- 1.** Place chiles in a heatproof bowl and cover with boiling water. Cover and let stand until softened, about 1 hour.
- 2.** Separate scallion whites and greens and cut

into 4-inch pieces. Heat a large cast-iron skillet over high heat. Cook the whites, turning occasionally, until almost entirely blackened, about 5 minutes. Transfer to a plate. Cook the greens until lightly charred, 1 to 2 minutes. Transfer to the plate and let cool.

3. Drain the chiles, reserving the water. Remove and discard the stems and seeds. Transfer the chiles to a food processor and add ¼ cup of the reserved water, the scallions, lime juice and ¼ teaspoon each salt and pepper. Puree until smooth.

4. Whisk eggs with the remaining ¼ teaspoon each salt and pepper in a medium bowl.

5. Wipe out the pan to remove any blackened bits. Add bacon and cook over medium heat, stirring occasionally, until just starting to brown, 2 to 5 minutes. Add the eggs and cook, stirring, until just set, 1 to 3 minutes. Remove from heat. Sprinkle the eggs with cheese and cover until it melts, 1 to 3 minutes.

6. Divide the eggs among tortillas. Serve topped with the salsa and more scallions, cabbage and lime wedges, if desired.

SERVES 6: 1 taco each

CAL 226 / **FAT** 12G (SAT 5G) / **CHOL** 200MG / **CARBS** 17G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 14G / **FIBER** 4G / **SODIUM** 444MG / **POTASSIUM** 370MG.



MUSHROOM FAJITAS WITH ARUGULA-PECAN SALSA AND QUESO FRESCO

ACTIVE: 40 min **TOTAL:** 40 min

These simple fajitas are a perfect showcase for any spring mushroom haul. The salsa adds nice crunch courtesy of pecans—a Texas favorite.

- 1½ cups lightly packed arugula, chopped
- ¾ cup toasted pecans, chopped
- 2 jalapeños, seeded and chopped
- 7 tablespoons canola oil, divided
- ¼ cup lime juice
- ¾ teaspoon salt, divided
- ¼ teaspoon ground pepper
- 1 medium white onion, sliced
- 1 medium poblano pepper, sliced
- 1 pound mixed mushrooms, sliced
- 1 teaspoon ground cumin
- 10 corn tortillas, warmed
- 10 tablespoons crumbled queso fresco

1. Combine arugula, pecans, jalapeños, 5 tablespoons oil, lime juice, ½ teaspoon salt and pepper in a small bowl.
2. Heat a large cast-iron skillet over high heat until nearly smoking. Add 1 tablespoon oil, onion and poblano; cook, stirring, until lightly browned, about 2 minutes. Transfer to a bowl. Add mushrooms, cumin, the remaining 1

tablespoon oil and ¼ teaspoon salt to the pan; cook, stirring occasionally, until the mushrooms are browned and soft, about 4 minutes. Stir in the onion and poblano and reduce heat to medium; cook until heated through, about 1 minute more. Serve in tortillas with the salsa and cheese.

SERVES 5: 2 fajitas each

CAL 468 / **FAT** 36G (SAT 5G) / **CHOL** 11MG / **CARBS** 32G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 10G / **FIBER** 7G / **SODIUM** 493MG / **POTASSIUM** 542MG.

ROASTED ROOTS WITH CHIPOTLE- HONEY BARBECUE SAUCE

ACTIVE: 35 min **TOTAL:** 35 min

TO MAKE AHEAD: Refrigerate barbecue sauce (Step 3) for up to 1 week.

The signature flavor of Texas-style barbecue is simple: salt, pepper and smoke. Here we swap the traditional brisket for root vegetables and rely on the chipotles in the sauce to bring the smokiness to the table. (Photo: page 74.)

- 1 pound turnips, peeled and cut into 1-inch pieces
- 1 pound carrots, cut into 1-inch pieces
- 2 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon salt, divided
- ½ teaspoon ground pepper, divided

1 pound beets, peeled and cut into 1-inch pieces

½ cup tomato puree

¼ cup honey

¼ cup cider vinegar

2 tablespoons minced chipotle peppers in adobo sauce

1 teaspoon Worcestershire sauce

¼ cup chopped fresh cilantro

1. Preheat oven to 425°F.

2. Toss turnips and carrots in a large bowl with 1½ tablespoons oil and ¼ teaspoon each salt and pepper. Spread onto two-thirds of a large rimmed baking sheet. Toss beets with the remaining ½ tablespoon oil and ¼ teaspoon each salt and pepper. Spread on the empty side of the pan. Roast, stirring once, until tender, 25 to 30 minutes.

3. Meanwhile, whisk tomato puree, honey, vinegar, chipotles, Worcestershire and the remaining ¼ teaspoon salt in a saucepan. Heat over low heat, whisking occasionally, until hot, about 10 minutes. Remove from heat; cover to keep warm.

4. Arrange the vegetables on a serving platter. Drizzle with ½ cup of the sauce (reserve the rest for another use) and top with cilantro.

SERVES 8: ½ cup each

CAL 96 / **FAT** 4G (SAT 1G) / **CHOL** 0MG / **CARBS** 15G / **TOTAL SUGARS** 10G (ADDED 3G) / **PROTEIN** 2G / **FIBER** 4G / **SODIUM** 357MG / **POTASSIUM** 406MG.

FROZEN RED GRAPEFRUIT MARGARITAS

ACTIVE: 10 min **TOTAL:** 10 min

Margaritas are virtually a way of life in the Lone Star State. This version goes deep into the heart of Texas with a swap of fresh grapefruit juice—preferably Texas Rio Red—for some of the usual lime juice.

3-4 red grapefruit

$\frac{3}{4}$ cup tequila

$\frac{3}{4}$ cup Cointreau

$\frac{1}{4}$ cup lime juice

3 cups ice cubes

Kosher salt (optional)

Slice 1 grapefruit into thin wedges for garnishing. Squeeze enough of the remaining 2 to 3 grapefruit to get $\frac{3}{4}$ cup juice. Combine the juice, tequila, Cointreau, lime juice and ice cubes in a blender; puree until smooth. If desired, rub the rims of 6 cocktail glasses with 1 squeezed grapefruit half, just enough to wet them, and dip into salt to lightly coat. Divide the margarita mixture among the glasses and garnish each with a grapefruit wedge.

SERVES 6: $\frac{3}{4}$ cup each

CAL 179 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 16G / **TOTAL SUGARS** 14G (ADDED 11G) / **PROTEIN** 0G / **FIBER** 0G / **SODIUM** 5MG / **POTASSIUM** 68MG.

NEW POTATO SALAD WITH SPRING ONIONS

ACTIVE: 25 min **TOTAL:** 1½ hrs

TO MAKE AHEAD: Refrigerate for up to 1 day. Texans serve up their potato salad alongside barbecue a few different ways, and this mashed style is very common. This version takes advantage of spring's sweet new potatoes and early onions. In Texas you'd dish this out with an ice cream scoop. (Photo: page 74.)

3 pounds small new potatoes

Pinch of salt plus $\frac{1}{2}$ teaspoon, divided

$\frac{1}{2}$ cup mayonnaise

2 tablespoons yellow mustard

1 tablespoon dill pickle brine

2 tablespoons finely chopped dill pickles

$\frac{1}{4}$ cup chopped spring onions or scallions

$\frac{3}{4}$ teaspoon ground pepper

1. Place potatoes in a large pot and cover with water by 2 inches. Add a pinch of salt and bring to a boil. Cook until tender, 8 to 12 minutes. Drain and rinse with cold water. Let stand until almost cool, about 30 minutes.

2. Whisk mayonnaise, mustard and pickle brine in a small bowl.

3. Cut the potatoes into 1-inch pieces and transfer to a large bowl. Mash them halfway so there are still some chunks—they shouldn't be totally smooth. Fold in the dressing, pickles, spring onions (or scallions), pepper and the remaining $\frac{1}{2}$ teaspoon salt. Chill for at least 30 minutes (and up to 1 day) before serving.

SERVES 8: about 1 cup each

CAL 229 / **FAT** 11G (SAT 2G) / **CHOL** 6MG / **CARBS** 31G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 4G / **SODIUM** 333MG / **POTASSIUM** 746MG.

SNAP PEA AND RADISH SLAW

ACTIVE: 30 min **TOTAL:** 1 hr

Celery seed gives Texas-style coleslaw its distinctive flavor and is a key component here. The other ingredients are a bit less traditional: first-of-the-season snap peas instead of cabbage and peppery slivers of radish for added crunch and color. (Photo: page 74.)

$\frac{1}{4}$ cup cider vinegar

2 tablespoons mayonnaise

1 tablespoon sugar

1 teaspoon yellow mustard

$\frac{3}{4}$ teaspoon celery seed

$\frac{3}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon ground pepper

4 cups sugar snap peas (about 12 ounces), trimmed and julienned

1 cup radishes (about 4 ounces), trimmed and julienned

Whisk vinegar, mayonnaise, sugar, mustard, celery seed, salt and pepper in a large bowl. Mix in snap peas and radishes. Chill for 30 minutes before serving.

SERVES 6: $\frac{2}{3}$ cup each

CAL 69 / **FAT** 4G (SAT 1G) / **CHOL** 2MG / **CARBS** 7G / **TOTAL SUGARS** 5G (ADDED 2G) / **PROTEIN** 2G / **FIBER** 2G / **SODIUM** 339MG / **POTASSIUM** 162MG.



The Hottest Head

Yep, Americans are crazy for cauliflower.

We're roasting whole heads and grilling steaks cut from their centers. We're using it to mimic carbs and cream. It's one gorgeous veggie and comes in many hues, making it endlessly Instagrammable. (The only way it could soar higher is if it could be spiralized!) And we're eating it up: we've doubled our consumption of this crucifer since 1970 and there's no sign of us stopping. Turn the page and celebrate all the things cauliflower can do in the kitchen. Plus, find which cauliflower products are our favorite at the grocery store. (Spoiler alert: You can bake with one of them!)



Recipes by
Erin Alderson

Photography by
Ryan Liebe

Cauliflower Po' Boy

ACTIVE: 1 hr **TOTAL:** 1 hr

EQUIPMENT: Parchment paper

Crunchy cauliflower is a satisfying swap for the meat or fried seafood that typically packs this New Orleans favorite.

2 large eggs

½ teaspoon salt plus a pinch, divided

½ teaspoon ground pepper

1 cup panko breadcrumbs, preferably whole-wheat

4 cups 1-inch cauliflower florets (1 small head)

Cooking spray

1 ripe avocado

2 tablespoons mayonnaise

1 teaspoon lemon juice

2 tablespoons cider vinegar

2 tablespoons extra-virgin olive oil

1 teaspoon honey

½ teaspoon spicy brown mustard

3 cups shredded red cabbage

½ cup shredded carrot

4 whole-grain sub rolls (about 3 ounces each)

1. Position racks in upper third and center of oven; preheat to 425°F. Line a rimmed baking sheet with parchment paper.

2. Whisk eggs with ¼ teaspoon salt and pepper in a medium bowl. Place breadcrumbs in a large bowl. Toss cauliflower in the eggs then roll in the breadcrumbs to coat evenly. Place on the prepared baking sheet. Coat generously with cooking spray. Bake on the center rack until golden and crisp, about 30 minutes.

3. Meanwhile, mash avocado in a small bowl. Mix in mayonnaise, lemon juice and a pinch of salt until well combined. Whisk vinegar, oil, honey, mustard and the remaining ¼ teaspoon salt in a medium bowl. Add cabbage and carrot and toss to coat.

4. Cut each roll in half horizontally. Pull out the soft inner bread, leaving a ½-inch shell. Place the rolls on a baking sheet and bake on the upper rack until lightly toasted, about 3 minutes. Spread 2 tablespoons of the avocado mayo on the top halves. Divide the cauliflower and the slaw on the bottom halves.

SERVES 4: 1 sandwich each

CAL 538 / **FAT** 26G (SAT 4G) / **CHOL** 57MG / **CARBS** 63G / **TOTAL SUGARS** 9G (ADDED 1G) / **PROTEIN** 16G / **FIBER** 11G / **SODIUM** 817MG / **POTASSIUM** 767MG.



Grab a sixer of **Abita Brewing's Amber Ale.**

Its maltiness accentuates the cauliflower's toasty coating.



Steak Fried Cauliflower Rice

ACTIVE: 30 min **TOTAL:** 30 min

You could argue that fried rice is really all about the “add-ins,” so why not skip the grain itself and save some calories while you’re at it? If you want to make this recipe vegetarian, swap sliced mushrooms for the steak.

- 8 ounces flank steak, thinly sliced**
- 4 tablespoons reduced-sodium tamari, divided**
- 1 tablespoon Shaoxing rice wine or dry sherry**
- 4 tablespoons canola oil, divided**
- 2 large eggs, lightly beaten**
- 1 cup diced carrots**

- 4 scallions, sliced, greens and whites separated**
- 1 cup frozen peas**
- 2 cloves garlic, minced**
- 1 tablespoon minced peeled fresh ginger**
- 4 cups riced cauliflower**
- 2 teaspoons sesame seeds**
- 1 teaspoon toasted sesame oil**

1. Toss steak with 1 tablespoon tamari and rice wine (or sherry) in a medium bowl.
2. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add eggs and cook, stirring, until set, about 1 minute. Transfer to a bowl.
3. Increase heat to medium-high and add 2 teaspoons oil and the steak to the pan. Cook, stirring, until the steak is no longer pink, 2 to 3 minutes. Transfer the steak and any accumulated juices to the bowl with the eggs.

4. Add 2 tablespoons oil, carrots and scallion whites to the pan; cook, stirring, until the carrots are starting to soften, 3 to 5 minutes. Stir in peas, garlic and ginger. Cook, stirring, until the garlic is fragrant and the carrots are tender, 2 to 3 minutes more. Transfer the mixture to the bowl with the steak.

5. Add the remaining 1 tablespoon oil and riced cauliflower to the pan. Cook, stirring occasionally, until the cauliflower is tender, 3 to 5 minutes. Stir in the reserved eggs, steak and vegetables and the remaining 3 tablespoons tamari. Serve topped with scallion greens, sesame seeds and sesame oil.

SERVES 4: 1½ cups each

CAL 355 / **FAT** 22G (SAT 3G) / **CHOL** 128MG / **CARBS** 15G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 22G / **FIBER** 5G / **SODIUM** 853MG / **POTASSIUM** 443MG.

RICED IS NICE

You can buy riced cauliflower fresh or frozen in nearly every grocery store these days. Or DIY by pulsing cauliflower florets in a food processor until finely chopped. For the best results, don’t fill your food processor more than three-fourths full.

Grilled Cauliflower Steaks with Almond Pesto & Butter Beans

ACTIVE: 25 min **TOTAL:** 25 min

We're sorry to ask you to buy 2 heads of cauliflower to make this recipe when you only cut a couple of "steaks" from each, but it guarantees the best results. Just think of it this way: having leftovers gives you an excuse to try another one of these recipes!

- ½ cup almonds**
- 5 tablespoons chopped flat-leaf parsley, divided, plus more for garnish**
- ¼ cup packed fresh basil, plus more for garnish**
- 2 tablespoons chopped fresh chives, plus more for garnish**
- Zest & juice of 1 lemon**
- 5 tablespoons extra-virgin olive oil, divided**
- 1 teaspoon salt, divided**
- 2 large heads cauliflower**
- 2 teaspoons smoked paprika**
- 1 teaspoon garlic powder**
- 2 medium shallots, minced**
- 1 clove garlic, minced**
- 2 15-ounce cans no-salt-added butter beans, rinsed**
- ½ cup water**
- ¼ teaspoon ground pepper**
- 2 teaspoons sherry vinegar**

- 1.** Preheat grill to medium.
 - 2.** Pulse almonds, 4 tablespoons parsley, basil, chives, lemon zest and juice, 2 tablespoons oil and ¼ teaspoon salt in a food processor until chopped.
 - 3.** Place cauliflower heads on a cutting board, stem-side down. Using a large chef's knife, cut two ½-inch-thick slices from the center of each head to make 4 "steaks." (Reserve the remaining cauliflower for another use.) Brush the steaks with 2 tablespoons oil. Combine paprika, garlic powder and ½ teaspoon salt in a small bowl. Sprinkle the mixture on both sides of the steaks.
 - 4.** Grill the steaks, turning once, until tender and nicely charred, 12 to 14 minutes total.
 - 5.** Meanwhile, heat the remaining 1 tablespoon oil in a medium saucepan over medium heat. Add shallots and garlic and cook until the shallots start to soften, about 1 minute. Add beans, water, pepper and the remaining ¼ teaspoon salt. Cook, stirring occasionally, until hot, about 5 minutes. Remove from heat and stir in vinegar and the remaining 1 tablespoon parsley.
 - 6.** Serve the cauliflower steaks over the beans, topped with the pesto and more herbs, if desired.
- SERVES 4:** 1 steak, ¾ cup beans & 2 Tbsp. sauce each

CAL 427 / **FAT** 27G (SAT 3G) / **CHOL** 0MG / **CARBS** 35G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 14G / **FIBER** 10G / **SODIUM** 663MG / **POTASSIUM** 807MG.



ERIN ALDERSON is a photographer and recipe developer living in Sacramento, California. Find her online at naturallyella.com.



Sierra Nevada's Hazy Little Thing IPA is bold enough to stand up to spicy Buffalo sauce, plus has a touch of sweet malt to balance the heat.



Buffalo Cauliflower Salad

ACTIVE: 30 min **TOTAL:** 30 min

We're not going to pretend that cauliflower is tastier than chicken wings, but hear us out. Cauliflower, with all its nooks and crannies, is better at soaking up Buffalo sauce. On top of salad, it tastes indulgent but is absolutely virtuous.

- 6 cups 1-inch cauliflower florets**
(1 medium head)
- 2 tablespoons extra-virgin olive oil**
- ¼ teaspoon salt, divided**
- ½ cup buttermilk**
- ⅓ cup mayonnaise**
- 3 tablespoons chopped fresh chives and/or dill**

- ¼ teaspoon garlic powder**
- ¼ teaspoon ground pepper**
- 2 tablespoons hot sauce,**
such as Frank's RedHot
- 1 tablespoon butter, melted**
- 1 tablespoon lemon juice**
- 8 cups chopped romaine lettuce**
- ½ cup julienned carrot**
- ½ cup sliced celery**
- ¼ cup sliced red onion**
- ⅓ cup crumbled blue cheese**

- 1.** Preheat oven to 450°F.
- 2.** Toss cauliflower with oil and ¼ teaspoon salt in a medium bowl. Spread on a rimmed baking sheet. Roast the cauliflower until it is starting to soften and brown on the bottom, about 15 minutes.
- 3.** Meanwhile, whisk buttermilk, mayonnaise,

herbs, garlic powder, pepper and the remaining ¼ teaspoon salt in a large bowl. Set aside.

4. Combine hot sauce, butter and lemon juice in a medium bowl. Add the roasted cauliflower and toss. Return the cauliflower to the baking sheet and drizzle with the sauce left in the bowl. Roast until the sauce is thickened, about 5 minutes more. Stir to coat the cauliflower completely.

5. Add lettuce, carrot, celery and onion to the dressing in the large bowl; toss to coat. Serve the salad topped with the Buffalo cauliflower and blue cheese.

SERVES 6: 1⅓ cups each

CAL 223 / **FAT** 19G (SAT 5G) / **CHOL** 17MG / **CARBS** 11G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 4G / **SODIUM** 474MG / **POTASSIUM** 603MG.

Vegan Cauliflower Fettuccine Alfredo with Kale

ACTIVE: 30 min **TOTAL:** 45 min

Cooked cauliflower transforms into a rich, luscious sauce when it's blended with softened cashews. A high-speed blender will give you the creamiest results.

- ½ cup fresh whole-wheat breadcrumbs, toasted
- 1 tablespoon chopped fresh parsley
- ½ teaspoon grated lemon zest
- 4 cups cauliflower florets (1 small head)
- 1 cup raw cashews
- 8 ounces whole-wheat fettuccine
- 4 cups lightly packed thinly sliced kale
- 3 tablespoons lemon juice
- 2 tablespoons white miso
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- ¾ teaspoon salt
- 1 cup water

1. Put a large pot of water on to boil.
2. Combine breadcrumbs, parsley and lemon zest in a small bowl. Set aside.
3. Add cauliflower and cashews to the boiling water; cook until the cauliflower is very tender, about 15 minutes. Using a slotted spoon, transfer cauliflower and cashews to a blender.
4. Add pasta to the boiling water and cook, stirring occasionally, for 10 minutes. Add kale and cook until the pasta is just tender, about 1 minute more. Drain; return the pasta and kale to the pot.
5. Add lemon juice, miso, garlic powder, onion powder, salt and 1 cup water to the blender; process until smooth. Add the sauce to the pasta and stir until well coated. Serve topped with the breadcrumb mixture.

SERVES 6: 1 cup each

CAL 324 / **FAT** 11G (SAT 2G) / **CHOL** 0MG / **CARBS** 47G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 12G / **FIBER** 7G / **SODIUM** 524MG / **POTASSIUM** 611MG.

Roasted Cauliflower & Walnut Dip

ACTIVE: 15 min **TOTAL:** 2¾ hrs

TO MAKE AHEAD: Refrigerate for up to 1 day.

This creamy dip has the texture of hummus but swaps chickpeas for roasted cauliflower. A head of roasted garlic gives it great flavor.

- 1 cup walnuts, plus toasted chopped walnuts for garnish
- 4 cups cauliflower florets (1 small head)
- 4 teaspoons extra-virgin olive oil, divided
- ¾ teaspoon salt, divided
- 1 head garlic
- ½ cup water, plus more as needed
- ¼ cup walnut oil, plus more for garnish
- 2 tablespoons lemon juice
- 1 teaspoon minced fresh rosemary, plus more for garnish
- Ground pepper for garnish

1. Soak 1 cup walnuts in water for 2 hours.
 2. Preheat oven to 400°F.
 3. Place cauliflower on a baking sheet and toss with 3 teaspoons oil and ½ teaspoon salt. Slice the tip off garlic head, exposing the cloves. Drizzle with the remaining 1 teaspoon oil and ¼ teaspoon salt and wrap in foil. Place on the baking sheet. Roast, stirring the cauliflower once, until tender, 35 to 40 minutes. Let cool on the baking sheet for 5 minutes.
 4. Transfer the cauliflower to a food processor. Squeeze the garlic cloves out of the skins into the food processor. Drain the walnuts and add to the food processor, along with ½ cup water, oil, lemon juice, rosemary and the remaining ¼ teaspoon salt. Puree until mostly smooth, adding more water, 1 tablespoon at a time, if needed. Transfer to a bowl and top with pepper, toasted walnuts and more oil and rosemary, if desired.
- MAKES:** about 2 cups (2-Tbsp. serving)
CAL 91 / **FAT** 9G (SAT 1G) / **CHOL** 0MG / **CARBS** 3G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 1G / **SODIUM** 118MG / **POTASSIUM** 117MG.

Cauliflower Convenience

ACCORDING TO NIELSEN, AMERICANS BOUGHT MORE THAN \$17 MILLION WORTH OF CAULIFLOWER-BASED PRODUCTS LIKE PIZZA CRUSTS AND RICED CAULIFLOWER IN 2017. WE TRIED MORE THAN 3 DOZEN OF THEM AND FOUND THESE TO BE GROCERY-CART-WORTHY.



Green Giant Garlic & Herb Mashed Cauliflower

We loved its über-smooth, creamy texture and terrific flavor.



Birds Eye Steamfresh Veggie Made Ric'd Cauliflower with Italian Cheese

Tastes just like risotto!



Alexia White Cheddar Ric'd Cauliflower with Black Pepper

If you're swapping more veggies for fewer carbs, this one will help you satisfy your craving for mac and cheese.



Trader Joe's Cauliflower Pancakes

These taste like your favorite crispy hash brown patties but they're made with cauliflower.



Caulipower Cauliflower-Based Baking Mix

We adored the blondies we made with this gluten-free baking mix that lists dried cauliflower as the first ingredient.



Green Giant Cauliflower Pizza Crust Original

Made with 80 percent cauliflower, this crust has great flavor. A touch of cornmeal gives it extra texture.



**WE'RE ALSO
OBSESSED
WITH
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TRACKING THE

On Ireland's west coast, this quiet region has an under-the-radar food scene—think artisanal cheeses, fresh seafood and grass-fed lamb—that makes it well worth the visit

By Devorah Lev-Tov

If you sit in one of the oceanside pubs in Ballyvaughan on Ireland's west coast, and slurp up one of Fergus Langley's oysters from nearby Pouldoody Bay, the buttermilk-like texture and not-too-salty taste would definitely make you reconsider a common notion: that the Emerald Isle is not a top-of-the-bucket-list destination for food lovers. And just a few miles inland is a roughly 100-square-mile swath of rocky land sandwiched between Galway and Limerick that

is fertile and rich with wild edibles. The forbidding terrain doesn't leave loads of space for conventional farming, but the tall grasses and wildflowers that poke up between the stones make it an excellent place to raise livestock like goats, cows and pigs. It's so unique that UNESCO has recognized it as part of the Global Geoparks network, which promotes conservation and sustainability research. Welcome to the Burren ("a rocky place" in Gaelic)—Ireland's food lover's paradise.

RECIPES & ADDITIONAL REPORTING BY ROBB WALSH



BURRÉN'S BEST

Most visitors come to the Burren to see spectacular castles or to surf or golf. And of course they come to see the soaring Cliffs of Moher that look like the edge of the world.

Locals have long known that the foods that come from this place taste as special as the landscape looks. Birgitta Hedin-Curtin moved to the area from Sweden 30 years ago and quickly realized the Burren was the perfect place to showcase her traditional hot- and cold-smoking methods on the Atlantic salmon. She also saw that the

area was filled with producers making incredible food that nobody knew about. To change that, Hedin-Curtin helped found the Burren Food Trail in 2013 to connect the food producers of the region—especially those following eco-friendly practices. The group also helps educate its members, hosts annual events with like-minded organizations like Slow Food and produces maps so visitors know where to go.

Along the trail it's typical to enter one shop or visit one farm and leave with

recommendations of other destinations to head toward next. For those who want more structure, themed tours like Burren Cheese, Market Garden and Taste the Sea are mapped out. All in all there are more than 30 stops, including farms, taverns, butchers, seasonal farmers' markets and even hotels. Best of all, it's super-accessible and not too large an area, making it easy for visitors to drive around, tasting the best that the Burren has to offer. The following pages highlight some of our favorite stops to put on your itinerary.

LOCATION PHOTOGRAPHY BY JULIA DUNIN / FOOD PHOTOGRAPHY BY RYAN LIEBE



Driving through the Burren in County Clare, Ireland, toward the village of Ballyvaughan.



WILD KITCHEN

Forager Oonagh O'Dwyer (*left*) will take you on a nature walk to uncover the Burren's wild edibles and then teach you how to cook them back at her house just a few minutes from the Cliffs of Moher. Offerings include workshops like Wild Canapes, where you might learn to make chickweed pakoras or sorrel sushi, but O'Dwyer's real passion is for the sea. Foraging walks along the dramatic shoreline can yield eight or more varieties of seaweed that O'Dwyer harvests to use in everything from salads to seaweed salsa verde.

Dulse Colcannon

ACTIVE: 45 min **TOTAL:** 45 min

Typically a colcannon is a mound of mashed potatoes mixed with crumbled bacon, wilted cabbage and scallions, with a crater full of butter in the middle. For this seaweed variation, Oonagh O'Dwyer of Wild Kitchen suggests that you let the salty, umami-rich dillisk (the Irish name for dulse) take the place of bacon. Look for dried dulse in well-stocked supermarkets.

- 3 pounds russet potatoes,**
peeled and cut into large chunks
- 2 tablespoons salt plus ½ teaspoon,**
divided
- 1 cup lightly packed dulse seaweed**
- 5 tablespoons unsalted butter**
- 2 cups finely chopped cabbage**
- 4 scallions, minced**
- 1 cup whole milk**

1. Place potatoes in a large pot and cover with cold water. Bring to a boil and add 2 tablespoons salt. Reduce heat to maintain a simmer and cook until fork-tender, 13 to 15 minutes. Drain. Transfer to a large bowl and mash with a potato masher.

2. Meanwhile, place dulse in a medium bowl and cover with cold water. Let soak until soft and pliable, about 15 minutes. Rinse and finely chop.

3. Melt butter in the pot over medium-high heat. Add the dulse and cabbage. Cook, stirring occasionally, until the cabbage is wilted, 2 to 5 minutes. Add scallions and cook, stirring constantly, for 1 minute more. Reduce heat to low. Add the mashed potatoes, milk and the remaining ½ teaspoon salt. Stir until well combined.

SERVES 8: scant 1 cup each

CAL 227 / **FAT** 8G (SAT 5G) / **CHOL** 22MG / **CARBS** 34G /
TOTAL SUGARS 4G (ADDED 0G) / **PROTEIN** 5G /
FIBER 3G / **SODIUM** 245MG / **POTASSIUM** 802MG.





Pouldoody Bay oysters are so legendary that James Joyce name-checked them in *Finnegans Wake*. Oyster guru and current resident Robb Walsh (center) says that Monk's Seafood Pub or the farmers' market, both in Ballyvaughan, are a good bet for a taste.

Grilled Oysters with Garlic Herb Butter

ACTIVE: 30 min **TOTAL:** 30 min

Grilling oysters whole saves you the trouble of shucking them—they magically pop open when cooked. To pretty it up use Irish butter, which is extra-golden because Irish cows typically enjoy an all-grass diet.

- 3** tablespoons unsalted butter, preferably Irish
- 1** clove garlic, minced
- 2** tablespoons minced fresh parsley
- 1** tablespoon chopped fresh chives
- ½** teaspoon lemon zest
- 1** teaspoon lemon juice
- ¼** teaspoon ground pepper
- Pinch of sea salt
- 24** large oysters, scrubbed

- 1.** Preheat grill to medium-high.
- 2.** Heat butter and garlic in a small saucepan until melted, about 1 minute. Remove from heat and stir in parsley, chives, lemon zest and juice, pepper and salt until well combined.
- 3.** Grill oysters, cupped-side down, until they pop open and the meat is firm, about 5 minutes. Transfer the oysters to a platter, cupped-side down (to retain as much of the juice as possible). Discard any that do not open. Run an oyster knife or paring knife under the meat to separate it from the top shell. Top each oyster with a little of the herb butter and serve immediately.

SERVES 8: 3 oysters each

CAL 61 / **FAT** 5G (SAT 3G) / **CHOL** 28MG / **CARBS** 1G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 0G / **SODIUM** 54MG / **POTASSIUM** 76MG.



Irish Pork Roast with Carrots & Parsnips

ACTIVE: 40 min **TOTAL:** 1 hr 40 min

The flavor of free-range heritage pork really shines with no more seasoning than a bit of thyme, a little sea salt and one of the traditional Irish apple condiments—ploughmans chutney or Bramley applesauce. The former is a combination of apples, vegetables and sultanas, with a taste reminiscent of mincemeat pie, while the latter is made with an Irish variety of sour apples and sometimes flavored with cider vinegar and mustard. Find them in specialty stores and online.

- 1½ pounds carrots, cut into 1-inch pieces**
- 1½ pounds parsnips, peeled and cut into 1-inch pieces**
- 3 tablespoons extra-virgin olive oil, divided**
- 2 teaspoons fresh thyme leaves, divided**
- ³/₄ teaspoon salt, divided**
- ³/₄ teaspoon ground pepper, divided**
- 2 pounds boneless pork loin roast, preferably free-range heritage pork**
- 1 teaspoon honey**
- 1 cup dry hard cider**
- Ploughmans chutney or Bramley applesauce for serving**

- 1.** Preheat oven to 400°F.
 - 2.** Toss carrots and parsnips in a large bowl with 2 tablespoons oil, 1 teaspoon thyme and ¹/₄ teaspoon each salt and pepper. Spread evenly in a roasting pan. Rub pork with the remaining 1 tablespoon oil and season with the remaining 1 teaspoon thyme and ¹/₂ teaspoon each salt and pepper. Place the pork, fat-side up, on top of the vegetables.
 - 3.** Roast, stirring the vegetables occasionally, until an instant-read thermometer inserted into the thickest part of the pork registers 145°F, 50 to 65 minutes.
 - 4.** Transfer the pork to a clean cutting board. Tent with foil and let rest for 15 minutes. Transfer the vegetables to a large bowl and stir in honey.
 - 5.** Place the roasting pan over two burners on high heat. Add cider and cook, scraping up any browned bits, until reduced by half, 3 to 5 minutes.
 - 6.** Slice the pork and serve with the vegetables, sauce and chutney (or applesauce), if desired.
- SERVES 8:** 3 oz. pork, ²/₃ cup vegetables & 1 Tbsp. sauce each
- CAL** 272 / **FAT** 9G (SAT 2G) / **CHOL** 61MG / **CARBS** 23G / **TOTAL SUGARS** 10G (ADDED 1G) / **PROTEIN** 24G / **FIBER** 6G / **SODIUM** 327MG / **POTASSIUM** 887MG.



NEIL HAWES CRAFT BUTCHER

Customers go to Neil Hawes' craft butchery along the main drag of Lisdoonvarna for steak that's expertly aged, award-winning burgers, famously tender Burren lamb, and to see the man himself (above) in action. If you're lucky enough to be staying in a vacation rental, stock up for dinner!

BURREN FREE RANGE PORK FARM

Eva and Stephen Hegarty raise Saddleback pigs as well as beef cattle on this eco-friendly farm. The Hegartys started raising pigs in 2007, after noticing a gap in the market. "The idea of 'farm to fork' is important to us as about 80 percent of Irish food is imported," says Eva. Saddlebacks, once very prevalent in England and Ireland, have enjoyed a revival because they are excellent foragers, making them the perfect choice for rugged terrains like the Burren. Farm visits and tours are by appointment only.



Irish Stew

ACTIVE: 35 min **TOTAL:** 5 hrs

TO MAKE AHEAD: Refrigerate stock (Steps 1-3) for up to 2 days. Refrigerate stew for up to 3 days or freeze for up to 3 months.

Traditionally Irish stew is made with inexpensive shoulder or neck cuts of lamb. But according to butcher Neil Hawes, "Leg of lamb makes a lovely tender Irish stew." Its advantage? Lamb bones. Hawes sells it with the shin bone attached, so you can make a broth with it.

1 3- to 4-pound leg of lamb with shank bone, trimmed

1 large yellow onion

1 small bunch fresh parsley, stems and leaves separated, plus more for garnish

6 sprigs fresh thyme, stems and leaves separated

2 bay leaves

6 cups water

2 pounds russet potatoes, peeled, halved and thickly sliced

1¼ teaspoons salt, divided

1. Preheat oven to 400°F.

2. Cut meat off the leg of lamb and cut into 1-inch pieces. Refrigerate. Place the bone in a roasting pan. Roast until browned, about 40 minutes.

3. Transfer the roasted bone to a large saucepan. Peel onion (reserve skin), slice and set aside. Add the onion skin, parsley and thyme stems and bay leaves to the saucepan. Add water and bring to a boil. Reduce heat to maintain a simmer. Partially cover and cook until any meat is falling off the bone and the stock is brown, about 1 hour. Strain the stock through a fine-mesh sieve into a bowl. (Discard solids.) You should have 4 cups stock.

4. Preheat oven to 250°F.

5. Arrange half the potatoes in a large oven-proof pot. Sprinkle with ½ teaspoon salt. Top with the reserved meat, sliced onion and parsley and thyme leaves. Sprinkle with ½ teaspoon salt and top with the remaining potatoes. Sprinkle with the remaining ¼ teaspoon salt. Pour in the stock.

6. Bring the stew to a simmer over low heat (do not boil). Cover the pot and carefully transfer it to the oven. Bake until the meat is very tender and the potatoes and onions are very soft, 2 to 3 hours.

SERVES 8: 1¼ cups each

CAL 254 / **FAT** 7G (SAT 2G) / **CHOL** 73MG / **CARBS** 22G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 26G / **FIBER** 3G / **SODIUM** 435MG / **POTASSIUM** 822MG.



The Burren's beaches, including Lahinch and Fanore, are surfers' favorites. The stretch shown here along Galway Bay near Ballyvaughan, known as the Flaggy Shore, has inspired more art and poetry than all the rest.



LINNALLA PURE IRISH ICE CREAM

Café Linnalla is located a short walk from the Flaggy Shore hiking trail. You can sit down and rest there at the outdoor tables behind the shop. Brid and Roger Fahy make their Linnalla Pure Irish Ice Cream from the milk of shorthorn cows, which graze all year on the mineral-rich grasses in nearby pastures perched just above the crashing waves.

Rhubarb & Honeycomb Ice Cream

ACTIVE: 45 min **TOTAL:** 6 hrs (including 4 hours chilling time)

TO MAKE AHEAD: Refrigerate custard (Steps 1-3) and rhubarb (Steps 4-5) separately for up to 1 day. Freeze ice cream for up to 1 week.

Linnalla Pure Irish Ice Cream makes their product daily, making it easy to take advantage of first-of-the-season ingredients like rhubarb in spring. They add carrageenan made from local seaweed to give the ice cream a more velvety texture. We've simplified the recipe for home, relying on only egg yolks and cream to do the job.

- 1 cup heavy cream**
- 5 large egg yolks**
- ½ cup sugar, divided**
- 2 cups whole milk**
- Pinch of salt**
- 1 cup sliced rhubarb (½-inch pieces)**
- ⅓ cup water**
- 2 tablespoons honey**
- ½ vanilla bean, split**
- 2 tablespoons chopped honeycomb**

1. Set a medium bowl in a large bowl of ice water. Pour cream into the medium bowl and set a fine-mesh sieve over it. Set aside.
2. Whisk egg yolks and ¼ cup sugar in another medium bowl until thick and pale, about 2 minutes. Combine the remaining ¼ cup sugar, milk and salt in a large saucepan and heat over medium heat until steaming, about 2

minutes. Gradually pour ½ cup of the hot milk into the egg yolks, whisking constantly until blended. Pour the egg mixture back into the pan and cook over medium-low heat, stirring constantly, until the custard is thick enough to coat the back of the spoon, about 5 minutes.

3. Pour the custard through the sieve into the reserved cream. Whisk until the mixture is cool. Remove the bowl from the ice bath, cover and refrigerate until the custard is cold, at least 4 hours and up to 1 day.

4. Meanwhile, preheat oven to 400°F. Place rhubarb in a medium glass or ceramic baking dish. Combine water and honey in a small saucepan. Scrape the seeds from the vanilla bean into the mixture and add the bean too. Bring to a boil, stirring to dissolve the honey, about 1 minute. Pour the syrup over the rhubarb.

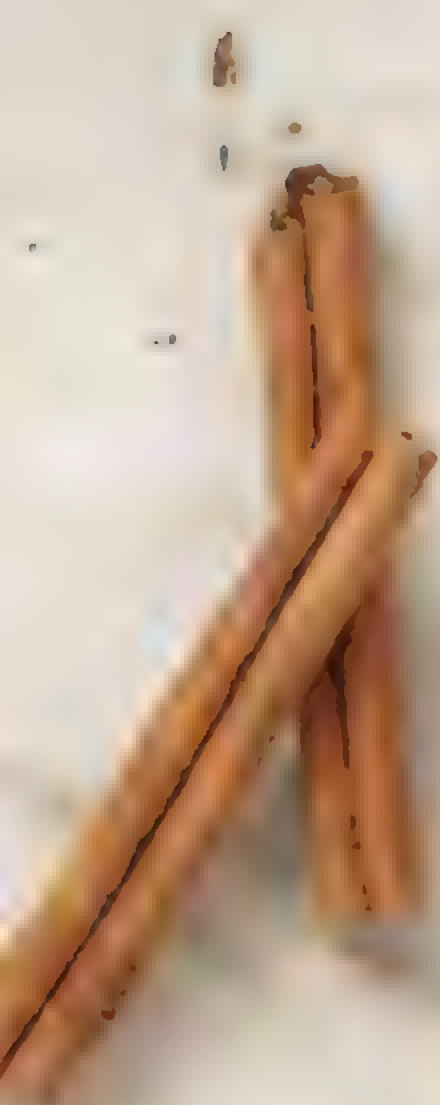
5. Bake until the rhubarb is tender, about 20 minutes. Let cool for 30 minutes, then cover and refrigerate until cold, at least 1 hour and up to 1 day.

6. Whisk the custard and pour into the canister of an ice cream maker. Freeze according to manufacturer's directions. Transfer the ice cream to a bowl and fold in the rhubarb mixture and honeycomb. Place the ice cream in the freezer to firm up before serving, 1 to 2 hours.

SERVES 8: ½ cup each

CAL 259 / **FAT** 16G (SAT 9G) / **CHOL** 155MG / **CARBS** 26G / **TOTAL SUGARS** 25G (ADDED 21G) / **PROTEIN** 5G / **FIBER** 0G / **SODIUM** 59MG / **POTASSIUM** 171MG.

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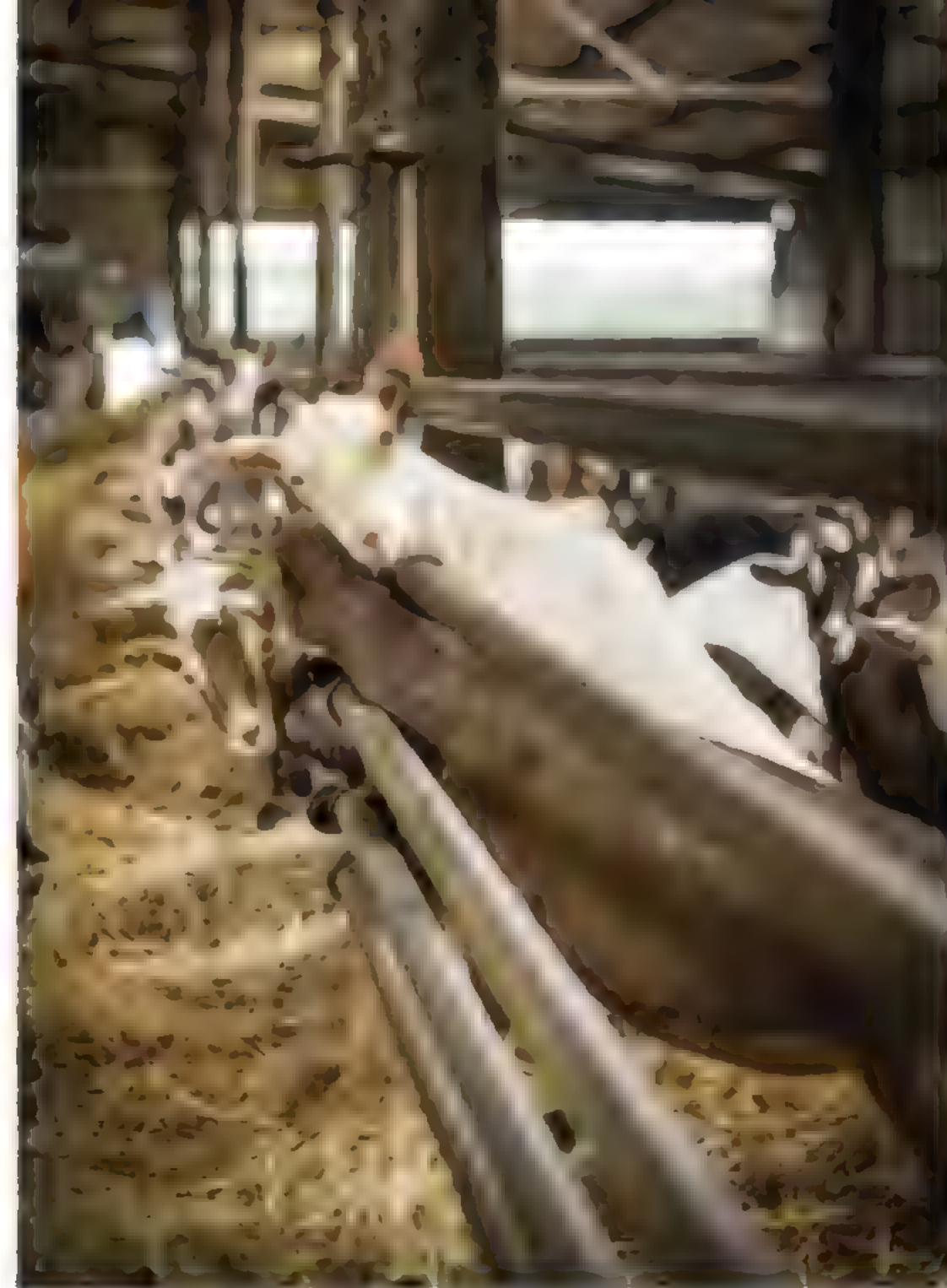


MADE FOR THIS MOMENT

Made in Ireland with milk from grass-fed cows, it's a taste that says a thousand words.

ST. TOLA IRISH GOAT FARM

When Siobhan Ni Ghairbhith took over this goat farm in 1999 she began naming cheeses after local saints as they did in France. She didn't have to look far for the legend of St. Tola, an 8th-century bishop who founded a monastery in the Burren. Book an appointment to see the herd and the cheese making and to taste the products, which have been blessed with countless awards.



Visiting the Burren

GETTING THERE: You can find direct flights to County Clare's Shannon Airport from New York and Boston, but flying to Dublin affords many more options and it's only a three-hour drive to the Burren from there.

WHEN TO GO: Spring and summer are ideal, and this year's Burren Slow Food Festival is May 10-12.

WHERE TO STAY: If you've been dreaming of staying in a traditional Irish castle, County Clare is the place to do it. **Dromoland Castle** (dromoland.ie) and **Adare Manor** (adaremanor.com) both offer luxury accommodations in historic castles set on spacious grounds, with activities like falconry and clay shooting par for the course. For something more cozy (and affordable), the **Inn at Dromoland** (theinnatdromoland.ie) has gorgeous panoramic views of County Clare, and the 18th-century **Hyland's Burren Hotel** (hylandsburren.com) is walking distance from restaurants, pubs and the Saturday farmers' market in Ballyvaughan.

WHAT TO DO (BESIDES EAT): You can't be on the west coast of Ireland without a stop at the dramatic **Cliffs of Moher**. Tip: For a sea view of the Cliffs, take a boat trip from Liscannor or Doolin. In Doolin, stop into one of the local pubs for some traditional Irish music. Head to the **Shannon Estuary** to see a pod of bottle-nosed dolphins (possibly with calves in the summertime) and stop at **Lahinch** for the beach or a round of golf at the edge of the Atlantic on one of the world's great courses. 🐬

Goat Cheese & Fresh Herb Omelet

ACTIVE: 20 min **TOTAL:** 20 min

This omelet is defined by the goat cheese filling. We'd love to say you could use St. Tola, but truth is, it's hard to find in the U.S.. Luckily most supermarkets have great chevre—Vermont Creamery and Laura Chenel are straightforward varieties you're likely to find. If you've got access to funky local options, bust them out for this recipe.

- 4 large eggs
 - 2 tablespoons reduced-fat milk or water
 - ¼ teaspoon ground pepper
 - ⅛ teaspoon salt
 - ⅓ cup crumbled goat cheese
 - 1½ tablespoons chopped fresh parsley, plus more for garnish
 - 1 tablespoon chopped fresh chives, plus more for garnish
 - 1 teaspoon extra-virgin olive oil
1. Whisk eggs, milk (or water), pepper and salt

in a medium bowl. Combine goat cheese, parsley and chives in a small bowl.

2. Heat oil in a medium nonstick skillet over medium-low heat. Add the eggs and let the mixture cook, undisturbed, until set around the edges, about 3 minutes. With a rubber spatula, gently loosen an edge of the cooked egg, tipping the pan to allow uncooked egg to run underneath. Repeat at various spots until almost no runny egg remains. Sprinkle the cheese mixture evenly over the omelet. Cover and continue cooking until the eggs are set, 2 to 4 minutes more. Slip a spatula under one side, fold the omelet in half and slide onto a plate.

3. To serve, cut the omelet in half. Garnish with more herbs, if desired.

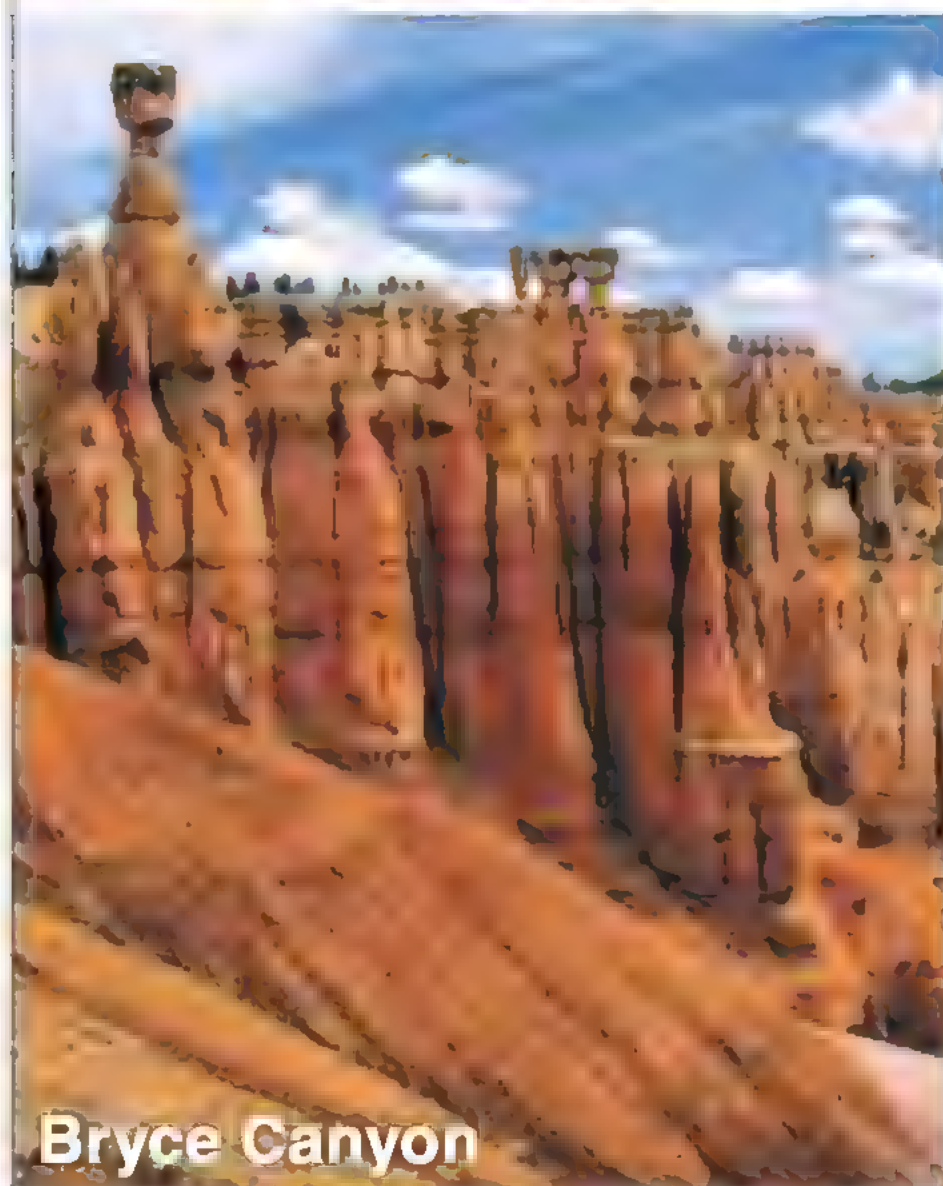
SERVES 2: ½ omelet each

CAL 227 / **FAT** 17G (SAT 7G) / **CHOL** 397MG / **CARBS** 3G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 17G / **FIBER** 1G / **SODIUM** 386MG / **POTASSIUM** 183MG.

etcetera



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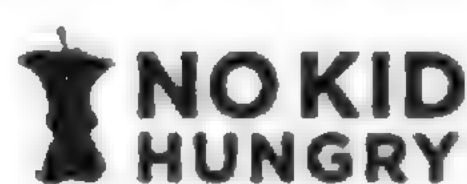
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SMARTS FROM OUR TEST KITCHEN

MORSELS



Lured In

EXOTIC, TASTY, NUTRITIOUS—TINNED SEAFOOD IS SERIOUSLY CELEBRATED AROUND HERE. BELOW, SOME REASONS TO CRAVE THIS SPECIAL ASSORTMENT. BY LUCY M. CASALE

When our Test Kitchen crew talked about their own obsessions for this themed issue, no one could match food editor Jim Romanoff's passion for tinned seafood. Clams, herring, mussels, mackerel, oysters, tuna—he loves them all. (He even collects them when he travels.) “They’re delicious, healthy and connect me to fishermen all over the world,” Jim says. A few of his must-haves? Ortiz Reserva de Familia white tuna (“It’s aged like wine for better flavor!”), Wild Planet white anchovies (“Not your typical, pungent anchovy—the white variety have a clean, mild flavor”) and Les Mouettes d’Arvor mackerel fillets (“from a famous cannery in France”). Pop open a can, add some greens and a little crusty bread and you’ve got an instant omega-3-rich lunch. *Bon appe-tin!*

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MORSELS IN THE KITCHEN

In Hot Water

SOUS VIDE COOKING MAY SOUND FANCY, BUT IT'S AS SIMPLE AS BOILING... WELL, YOU KNOW. BY LUCY M. CASALE

This water-bath slow-cooking method is bubbling up in everyone and their mother-in-law's kitchens, thanks to a handy-dandy tool called a sous vide immersion circulator. How it works: You clip the circulator onto the rim of a pot of water and program it to the temperature you want. (It doesn't go on your stovetop, so you can set it up near any electric outlet.) Then, drop in a bag containing your food of choice—eggs, chicken, beef, fish, lamb, pork, root vegetables (the list goes on). The gadget heats the water and slowly cooks your food to that precise temperature. And here's the really cool part: it *keeps* it at that temp until you're ready for it, which means it's much harder to overcook or undercook your food. Therein lies the beauty of sous vide. You get perfectly medium-rare steak and expertly poached salmon just by punching a couple of buttons. Also, you can set it and forget it for hours, just like you would your slow cooker or Instant Pot. Heck, you can slow-cook meat for *days* to achieve super-tender, melt-in-your-mouth roasts. It makes food prep practically foolproof, so it's ideal for even a novice cook. Worth noting: while sous vide cooks food to exact doneness, it doesn't brown it. For meats, sear quickly afterward to get a nice crust—and extra flavor. Ready to heat things up?

3 Slam Dunks

WE TESTED THE LATEST SOUS VIDE TOOLS AND FOUND THESE STANDOUTS:

Sansaire Sous Vide Machine Several Test Kitchen staffers have tried this model and rave about how quiet and easy it is to use. Its unique silver ring allows you to adjust the temperature with just a twist. **\$200, bedbathandbeyond.com**

Joule Sous Vide by ChefSteps This gadget is controlled by a smartphone app that guides you through sous-viding hundreds of foods. It's like your personal cooking instructor—over-the-shoulder hovering not included. **\$200, chefsteps.com**

Instant Pot Accu Slim Sous Vide Immersion Circulator When sous vide started as a chef-y obsession in the early 2000s, the machines cost over \$1,000! Instant Pot's version gets the job done—for a steal. **\$80, target.com**



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ASK BREANA

“What condiments and other flavor boosters do you recommend always keeping on hand?”



There are so many I could name, I don't know where to start! But if I'm forced to play favorites, here are my top picks, plus suggestions from the Test Kitchen team. These items will allow you to make faster meals by adding a ton of flavor without using lots of ingredients, and most of them can hang out in your fridge for a *looong* time. (A bonus since you often need just a little bit of them.)

In my home kitchen, I'm all about the pastes. **Anchovy paste** for salad dressings, pastas and meat sauces. **Tomato paste** for stews, chilis and tomato sauces. And **curry paste** for quick curry noodles and satays.

My absolute go-to base for marinades is **House of Tsang Korean Teriyaki Stir-Fry Sauce** (promise you'll try this on skirt steak—then write to me after).

Sambal oelek, an Indonesian hot sauce, is lead recipe developer Adam Dolge's pantry must. “A little of this peppery goodness goes a long way. I use it as the backbone of tofu dishes or brushed onto grilled chicken.” He's also gotta have **Frank's RedHot**: “I put that stuff on just about everything.”

Food features editor Carolyn Malcoun is all about pantry staples that lend a savory flavor to dishes. Her favorite to buy: **umami paste**—a mash-up of multiple ingredients that can contain everything from tomato puree to olives to my aforementioned anchovy paste—for rubbing into meat and fish or stirring into pasta. She also loves **miso** for soups, sauces and stir-fries.

And what can't senior food editor Devon O'Brien live without? “**Cultured butter**. It will make even a regular old fried egg feel like a luxury!” She's also #obsessed with **everything bagel seasoning blend**. Aren't we all? 🥯

Have a question for **Breana Killeen**, our Test Kitchen manager? Email it to askus@eatingwell.com

VICTOR PROTASIO; STYLING: TORIE COX (FOOD), KAY CLARKE (PROPS); ILLUSTRATION BY EMMA DIBBEN



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CRISPY MALLOW SQUARES

**Rice
Krispies
Treats,
made
with ...**



#SoMuchToLove

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RECIPE INDEX

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Appetizers																				
4	Deviled Eggs	60	0	0	3	0	84	37												
91	Grilled Oysters with Garlic Herb Butter	61	1	0	3	0	54	76					61							
86	Roasted Cauliflower & Walnut Dip	91	3	0	2	1	118	117												
Beverages																				
79	Frozen Red Grapefruit Margaritas	179	16	11	0	0	5	68						25						
Breakfast																				
77	Bacon & Egg Breakfast Tacos	226	17	0	14	4	444	370				38								
76	Beet Kolaches	297	45	14	7	2	177	118		28										
96	Goat Cheese & Fresh Herb Omelet	227	3	0	17	1	386	183												
59	6 ways to dress up plain yogurt <i>(analyses at eatingwell.com/yogurts)</i>																			
Sides & Salads																				
90	Dulse Colcannon	227	34	0	5	3	245	802						29						
79	New Potato Salad with Spring Onions	229	31	0	4	4	333	746						57						
27	Radish & Potato Gratin	191	26	0	9	2	343	503	27											
26	Radish Slaw with Toasted Sesame Dressing	99	6	0	2	2	394	241				103								
78	Roasted Roots with Chipotle-Honey Barbecue Sauce	96	15	3	2	4	357	406				170		25						
27	Sautéed Radishes with Bacon	96	11	0	5	1	300	249						28						
79	Snap Pea & Radish Slaw	69	7	2	2	2	339	162						58						
Vegetarian																				
85	Buffalo Cauliflower Salad	223	11	0	6	4	474	603		40		145		101						
82	Cauliflower Po' Boy	538	63	1	16	11	817	767		30		61		158						
24	Charred Vegetable Tostadas with Lime Crema	327	43	0	13	10	522	733				32		119						
31	Grain Salad with Charred Broccoli, Spring Onions & Parsley-Sumac Vinaigrette	344	27	0	8	6	484	343				39		86						
84	Grilled Cauliflower Steaks with Almond Pesto & Butter Beans	427	35	0	14	10	663	807		21	24	26		107						
78	Mushroom Fajitas with Arugula-Pecan Salsa & Queso Fresco	468	32	0	10	7	493	542						39						
86	Vegan Cauliflower Fettuccine Alfredo with Kale	324	47	0	12	7	524	611				22		86						
32	Vegetarian Pozole	261	39	0	10	12	505	203			22	26		47						
Chicken																				
20	Grilled Ancho Chicken & Apricot Salsa	307	10	0	27	5	458	774				26		25						
23	Poppy Seed Chicken Salad with Phyllo-Cheese Crisps	349	26	9	23	3	567	249		38	20	94		38						
Beef, Lamb & Pork																				
16	Basil Ricotta Dumplings & Creamy Peas	449	26	0	23	2	430	352	40			34								
22	Fried Eggs, Sausage & Kale Skillet with Tomato Aioli	390	18	0	16	3	675	433		22		74		69						
92	Irish Pork Roast with Carrots & Parsnips	272	23	1	24	6	327	887				253		30						
93	Irish Stew	254	22	0	26	3	435	822					36	53						
18	Sheet-Pan Maple-Mustard Pork Chops & Carrots	376	21	3	25	5	453	893				575		26						
83	Steak Fried Cauliflower Rice	355	15	0	22	5	853	443				126		90						
Seafood																				
21	Shrimp Stir-Fry with Green Pepper, Pineapple & Bacon	180	18	4	21	2	613	462						107						
Desserts																				
34	Lemon-Coconut Icebox Pie	291	39	26	7	1	160	516												
94	Rhubarb & Honeycomb Ice Cream	259	26	21	5	0	59	171												

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**“The food we eat
and the way it’s grown
affects our health,
communities and
ecosystems.”**

—Dave Miller
CEO, IROQUOIS VALLEY



Funding Fields of the Future

LESS THAN 1 PERCENT OF U.S. FARMLAND IS ORGANIC. THIS MAN WANTS TO CHANGE THAT.

BY MEGY KARYDES

WHO HE IS Growing up in Iroquois County, Illinois, surrounded by a patchwork of farms, Dave Miller learned from a young age what mono-culture looks like. “Corn, soybeans, corn, soybeans, corn, soybeans. Sometimes double corn,” he recalls. Then, at age 10, Miller read *Silent Spring* by American biologist Rachel Carson. His eyes were opened to the problems with pesticides. “I grew up in a toxic mess. And I wanted to change it.”

WHAT HE DID In 2007, Miller and his former college roommate Steven Rivard, M.D., founded Iroquois Valley Farmland Real Estate Investment Trust (REIT), an investment firm and certified B Corporation with a mission to increase the percentage of organic farmland in the U.S. How does it work? Farmers identify land they want to farm organically and Iroquois Valley steps in to purchase it, then offers the farmer leasing or mortgage-financing options at reduced rates. Some of the land is already certified organic. But if it has been managed conventionally, the farmers commit to transitioning it to organic (a three-year process for USDA certification).

WHY IT’S COOL Miller’s first client was Harold Wilken, a farmer hoping to purchase 142 acres of conventionally farmed land in Iroquois County to grow heritage grains, such as Turkey Red Wheat and Warthog Wheat. With Iroquois Valley’s help, he was able to achieve this goal. The REIT has since invested in Wilken’s farm, allowing him to expand (to 457 acres) and diversify. To date, Iroquois Valley has financed more than 50 farms totaling 10,000 acres in 14 states with over \$50 million. And the company’s approximately 400 shareholders, who are drawn to the social and environmental impacts tied to organic farming, have received double-digit returns every year. Win-win. 🌱

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